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China Daily

July 13, 2017 Thursday

**Photo**

**LENGTH:** 158 words

Children receive **cupping** treatment for asthma at a hospital in Beijing's Huairou district on Wednesday, the first day of the hottest period of the year, according to the lunar calendar. During this period, people flock to **traditional** **Chinese** **medicine** hospitals because it is believed that winter illnesses can be warded off in summer by TCM procedures such as **acupuncture**, **cupping** and scraping.Pu Xiangdong / For China Daily

Brimming with curiosity

Children receive cupping treatment for asthma at a hospital in Beijing's Huairou district on Wednesday, the first day of the hottest period of the year, according to the lunar calendar. During this period, people flock to traditional Chinese medicine hospitals because it is believed that winter illnesses can be warded off in summer by TCM procedures such as acupuncture, cupping and scraping.Pu Xiangdong / For China Daily

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China Daily

March 28, 2017 Tuesday

**Pic story: foreign learner of traditional Chinese medicine**

**LENGTH:** 512 words

Anaelle, a graduate of Heilongjiang University of **Chinese** **Medicine** from France, reads a book at Heilongjiang University of **Chinese** **Medicine** in Harbin, capital of Northeast China's Heilongjiang province, March 27, 2017. Born in 1990, Anaelle started to get interested in **Chinese** **medicine** when she was a high school student. She came to China in 2014 and is now a graduate good at **acupuncture**, moxibustion, **cupping** therapy and manipulation. "I hope to bring **Chinese** **medicine** to my hometown to cure more patients," said Anaelle. [Photo/Xinhua]

Anaelle, a graduate of Heilongjiang University of **Chinese** **Medicine** from France, carries out manipulation at the First Affiliated Hospital of Heilongjiang University of **Chinese** **Medicine** in Harbin, capital of Northeast China's Heilongjiang province, March 27, 2017. [Photo/Xinhua]

Anaelle, a graduate of Heilongjiang University of Chinese Medicine from France, carries out manipulation at the First Affiliated Hospital of Heilongjiang University of Chinese Medicine in Harbin, capital of Northeast China's Heilongjiang province, March 27, 2017. [Photo/Xinhua]

Anaelle, a graduate of Heilongjiang University of Chinese Medicine from France, borrows a book at a library of Heilongjiang University of Chinese Medicine in Harbin, capital of Northeast China's Heilongjiang province, March 27, 2017. [Photo/Xinhua]

Anaelle (C), a graduate of Heilongjiang University of Chinese Medicine from France, carries out cupping therapy at the First Affiliated Hospital of Heilongjiang University of Chinese Medicine in Harbin, capital of Northeast China's Heilongjiang province, March 27, 2017. [Photo/Xinhua]

Anaelle, a graduate of Heilongjiang University of Chinese Medicine from France, reads a book at her dorm at Heilongjiang University of Chinese Medicine in Harbin, capital of Northeast China's Heilongjiang province, March 27, 2017. [Photo/Xinhua]

Anaelle, a graduate of Heilongjiang University of Chinese Medicine from France, carries out acupuncture at the First Affiliated Hospital of Heilongjiang University of Chinese Medicine in Harbin, capital of Northeast China's Heilongjiang province, March 27, 2017. [Photo/Xinhua]

Anaelle, a graduate of Heilongjiang University of Chinese Medicine from France, is seen at her dorm at the First Affiliated Hospital of Heilongjiang University of Chinese Medicine in Harbin, capital of Northeast China's Heilongjiang province, March 27, 2017. [Photo/Xinhua]

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China Daily

July 12, 2017 Wednesday

**Rush begins for TCM plasters**

**BYLINE:** Shan Juan and Li Lei

**LENGTH:** 335 words

People are lining up at hospitals across China to receive sanfutie plasters, a traditional Chinese remedy used during the dog days of summer, which began on Wednesday.

Children receive **cupping** treatment for asthma at a hospital in Beijing's Huairou district on Wednesday, the first day of the hottest period of the year, according to the lunar calendar. During this period, people flock to **traditional** **Chinese** **medicine** hospitals because it is believed that winter illnesses can be warded off in summer by TCM procedures such as **acupuncture, cupping** and scraping. PU XIANGDONG/ FOR CHINA DAILY

People are lining up at hospitals across China to receive sanfutie plasters, a traditional Chinese remedy used during the dog days of summer, which began on Wednesday.

Sanfutie can help with conditions such as diarrhea and rheumatic arthritis, according to Zhang Shunan, head of TCM at the China-Japan Friendship Hospital in Beijing. The remedy was first recorded in Zhangshi Yitong, a book published in 1695.

The hottest part of summer, from July 12 to Aug 20, is known in China as Sanfu Days.

A doctor sticks sanfutie plasters to a man at the China-Japan Friendship Hospital in Beijing on July 12, 2017. [Photo by Zhu Xingxin/chinadaily.com.cn]

A doctor sticks sanfutie plasters to a man at the China-Japan Friendship Hospital in Beijing on July 12, 2017. [Photo by Zhu Xingxin/chinadaily.com.cn]

People consult a doctor about receiving sanfutie plasters at the China-Japan Friendship Hospital in Beijing on July 12, 2017. [Photo by Zhu Xingxin/chinadaily.com.cn]

People line up to receive sanfutie plasters at a hospital in Shijiazhuang, North China's Hebei province on July 12, 2017. [Photo/chinanews.com]

People watch as a doctor sticks sanfutie plasters to a girl at a hospital in Shijiazhuang, North China's Hebei province on July 12, 2017. [Photo/chinanews.com]

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China Daily

October 9, 2013 Wednesday

**Bring back the real Chinese medicine**

**BYLINE:** Matt Hodges

**LENGTH:** 1157 words

The real threat to **traditional** **Chinese** **medicine** is not fear relating to its use of toxic compounds, but growing skepticism about the efficacy of its methods.

**Acupuncture** is one of the most widely practiced **Chinese** **therapies** in the country and is gaining increasing popularity in the West. [Photo provided to China Daily]

**Traditional** **Chinese** **medicine** is enjoying a renaissance. But there is growing skepticism about the efficacy of its methods from within its own ranks. Dr Heiner Fruehauf, who claims to have cured himself of cancer using ancient healing methods, shares his views with Matt Hodges in Shanghai.

The real threat to **traditional** **Chinese** **medicine** is not fear relating to its use of toxic compounds, but growing skepticism about the efficacy of its methods from within its own ranks, according to a leading German practitioner of the ancient medical system.

This is leading to a dangerous form of cross-pollination that is divorcing TCM from its holistic roots and seeing classical practices become forgotten, says Dr Heiner Fruehauf, who claims to have cured himself of cancer using ancient healing methods.

"One of the biggest problems today is that many doctors teach traditional Chinese medicine, but they don't fully believe in it," says Fruehauf, founding professor of the School of Classical Chinese Medicine at the National College of Natural Medicine in Portland, Oregon in the United States.

"We've reached an end stage, where the real Chinese medicine that is a science in its own right is slowly disappearing, and where we have some kind of hybrid," he adds. "The modern version we have today is really a combination of Western medicine and TCM."

"I was also skeptical at first, and used to mix both myself," admits Fruehauf, who was speaking at a forum hosted by Three on the Bund in Shanghai in early September.

Such thinking has led to a spike in herbal-remedy prescriptions that contain similar ingredients to those clinically proven by Western medicine. By the same token, ancient practices such as Taoist alchemy, pulse diagnosis and qigong - all of which Fruehauf specializes in - are falling by the wayside.

He later became convinced that TCM can be used to successfully cure serious diseases like cancer, diabetes and heart disease by drawing on classical precepts. These can be found in ancient texts like the Yellow Emperor's Inner Cannon - a de facto road map for TCM - and I Ching, an even older text that draws on cosmology and divination.

"There are so many different ways of treating diseases and ailments - through fasting, through visualization, through things that you could only explain as magic through a modern perspective. There are hundreds of these forgotten methods that people in the villages and mountains still know, but which are not being taught anymore," he says.

Tibetan herbs enrich local people

Patients' health in her hands

Use of medicinal herbs is one of the key elements of China's ancient medical system. [Photo provided to China Daily]

Good medicine?

In some ways, TCM is enjoying a renaissance. The number of its practitioners continues to spike, acupuncture remains trendy, and Chinese lawmakers recently called for its more widespread use in controlling infectious diseases like SARS and Avian Influenza.

Citing government statistics, Xinhua reported recently that H7N9-virus patients had a mortality rate of 9.1 percent if treated with a combination of TCM and Western methods. This rate deteriorated to 30 percent for those depending solely on the latter.

More positive PR came from Tu Youyou, a scientist from Zhejiang province. In 2011 she was awarded for her work in isolating artemisinin decades earlier from sweet wormwood, a popular Chinese medicinal herb. This compound later became the key ingredient in the world's leading anti-malaria drug.

Despite these achievements, Fruehauf says it is debatable whether TCM is enjoying a new golden age.

"If you ask the Chinese government and the American Association of Chinese Medicine, they think it's on the rise. It's getting better every day," he says.

"But while we probably have more licensed Chinese medicine practitioners in China, as well as in the West, than ever before, the quality of those people is lower than ever before. So that's what I'm worried about."

Part of the problem stems from a brain drain as talented students chase more lucrative jobs in the legal professions or in big corporations, and part of it is cultural.

"It's a reality that (the vast majority) of students at a Chinese medicine school, in China especially, don't want to be there. They just didn't pass the exam for the regular medicine school. So, right from the get-go, they're not that interested," he says. "Most of them, five years later, make their money from prescribing antibiotics and other Western medicines."

True believer

Fruehauf, a renowned Sinologist, was born in Germany to a family of medical doctors but has called the US home for much of the past 20 years. He spent two years studying at Shanghai's Fudan University before gaining his doctorate from the Department of East Asian Languages and Civilizations at the University of Chicago.

He was later diagnosed with cancer, which led him to decline a faculty position at Harvard and return to China for the specific purpose of studying Chinese medicine in Chengdu.

He had surgery to remove a tumor but declined to undergo chemotherapy to eradicate the disease and claimed to have found success through TCM methods instead.

Since then, he has spent about one month each year bringing groups of 20 to 30 people to secluded mountain monasteries and retreats in exotic locations like Sichuan and Yunnan provinces to practice tai chi, qigong and other forms of spiritual cultivation with his Chinese teachers.

TCM has come under fire in recent years for its use of toxic herbs that can harm people's health, prompting calls from overseas for greater regulation of the industry. Chinese government began addressing the issue in July by launching a national crackdown on all counterfeit medicines, including those used by TCM doctors.

But Fruehauf sees the media furor as part of a backlash by Western interest groups aimed at constraining the influence at TCM.

"Of course, it's possible that some people can get liver damage from herbs that are heavy-metal polluted, or herbs that are mis-prescribed. But in comparison to how many tens of thousands of people get liver toxicity from Western medicine, there's just no comparison."

Drawing a key distinction with Western medicine, he says the most important thing about TCM is self-empowerment.

"Our job is really to educate people to empower themselves, so they don't need us," he says.

"Of course, as a Chinese medicine practitioner, I'm biased. I think that Chinese medicine has something that's much older than Western naturopathic medicine, and has a much more sophisticated theory behind it."

Tibetan herbs enrich local people

Patients' health in her hands

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China Daily

May 8, 2017 Monday

**Feature: Oscar-winning director takes a fancy to Chinese acupuncture**

**LENGTH:** 731 words

According to the US Department of Health and Human Services, the Americans now use **Traditional** **Chinese** **Medicine** primarily as a complementary heath approach and millions of US adults have used **acupuncture** in recent years.

**Traditional** **Chinese** **medicine** originated in ancient China and has evolved over thousands of years. **Traditional** **Chinese** **medicine** practitioners use herbal medicines and various mind and body practices, such as **acupuncture** and Tai chi, to treat or prevent health problems.[Photo/Xinhua]

When the **acupuncture** needles were inserted into his body, Florian Henckel von Donnersmarck, the Oscar-winning director, struggled to keep smiling in front of his wife and three kids, who were holding breath and watching attentively.

"It can hurt a little, but the pain does not stay, it takes maybe a few seconds then it goes away," Donnersmarck told Xinhua on Friday at an acupuncture clinic.

Donnersmarck has been coming to the Beijing Chinese Medical Center in Santa Monica, Los Angeles, every week for three months.

This 44-year-old German director is best known for his thriller "The Lives of Others," which won the Best Foreign Language Film Award at the 79th Oscars in 2007.

Years of working hard in the movie industry caused Donnersmarck neck pains, and it got serious in February when the doctor told him he needed surgery. Then a nurse suggested him to try Traditional Chinese medicine and to see Dr. Wu Baolin at the Beijing Chinese Medical Center.

As a recognized authority on Traditional Chinese medicine with a degree in Western medicine, Dr. Wu has been practicing in Santa Monica for 27 years.

Donnersmarck admitted that it was scary when he saw the acupuncture needles for the first time. "Acupuncture is a very precise, careful and caring process... the doctor can not miss by a few millimeters," he told Xinhua, "With Dr. Wu, you feel so much the deep wisdom, the experience, the knowledge. I feel it so much and I trust him."

His trust paid him back. Without any surgery, Donnersmarck's problem was solved in one month. "I found that Western medicine can be very aggressive, and it has extreme side effects," Donnersmarck said. "But for Traditional Chinese medicine and acupuncture, they do not have side effects, it is about activating the energy and oxygen flow in the body, it is about helping the body heal itself."

Another thing that Donnersmarck found impressive was how Dr. Wu takes Western medicine into consideration and uses that in Traditional Chinese medicine.

"He is not against Western medicine, there are specific cases where he says this is better looked by Western doctors," Donnersmarck said when he took his family members to see Dr. Wu, who would look carefully at the diagnosis made by Western doctors. "He knows every aspect of Western medicine."

Traditional Chinese medicine originated in ancient China and has evolved over thousands of years. Traditional Chinese medicine practitioners use herbal medicines and various mind and body practices, such as acupuncture and Tai chi, to treat or prevent health problems.

According to the US Department of Health and Human Services, the Americans now use Traditional Chinese Medicine primarily as a complementary heath approach and millions of US adults have used acupuncture in recent years.

In March, the State of Wyoming passed its first acupuncture law, which has made Wyoming the 47th state to regulate the practice of acupuncture.

Dr. Wu pointed out that there are about 54,000 licensed Traditional Chinese Medicine doctors in the United States, and half of them live in California.

"It is not easy for Traditional Chinese Medicine to be recognized in the United States," Wu told Xinhua. "More people start to understand that Chinese medicine and Western medicine should be brought together. This is not an either-or case."

As a filmmaker, Donnersmarck pointed out that, as more and more China-U.S. jointly produced films coming to the big screen in recent years, Western medicine and Chinese medicine should work together as well. People can learn more about Chinese culture through co-production movies as well as through Traditional Chinese medicine.

"I think each country has great things to contribute (to this world), and I think one of the great things that China has to contribute is Traditional Chinese medicine," he added.

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China Daily

July 10, 2014 Thursday

**Traditional Chinese medicine enlivens RIMPAC crowd**

**BYLINE:** ZHANG SHAOHU in Pearl Harbor, HIand CHEN WEIHUA in Washington

**LENGTH:** 803 words

Chinese People's Liberation Army Navy hospital ship Peace Ark greets military medical officials from various participating nations in a presentation of **traditional** **Chinese** **medicine.**

Fu Bensheng (right), a **Traditional** **Chinese** **Medicine** doctor on the PLA Navy hospital ship Peace Ark, applies the **cupping** therapy on a visiting military medical official during a TCM demonstration and exchange conducted on the ship on Tuesday as part of the 2014 Rim of the Pacific (RIMPAC) exercise. Zhang Shaohu / China Daily

After a medical exchange conference on the Chinese People's Liberation Army Navy hospital ship Peace Ark on July 3 as part of the 2014 Rim of the Pacific (RIMPAC) exercise, the Chinese vessel greeted military medical officials from various participating nations on Tuesday in a presentation on **traditional** **Chinese** **medicine** (TCM).

Zhai Xiaofeng, the TCM clinic doctor of the Peace Ark hospital, explained the basics of TCM to 18 visitors.

TCM focuses on the human body as a whole system, while Western medicine focuses more on each specific part of the human body, Zhai said, triggering questions from curious visitors.

Zhai explained the cause of bloodshot eyes using the TCM theory when Lorry Riebel, from the US Navy hospital ship Mercy, tried to understand which of the five elements in TCM theory - metal, wood, water, fire and earth - eyes belong.

The exchange reached its climax when Fu Bensheng, a TCM doctor on Peace Ark, displayed the Chinese massage and cupping therapies.

"I just experienced the cupping therapy. My back feels warm and I feel relaxed just like after a massage,"said Nickolas Ross, a US military medical official.

S. Mandnar, a doctor from the Singaporean navy, said he found the cupping therapy very interesting. Mandnar has experienced TCM in Singapore where it is popular. "I think TCM is a very good way of providing treatment,"he said.

Peace Ark and Mercy are the only two hospital ships participating in 2014 RIMPAC. It's also the first time for any hospital ship to participate in RIMPAC since the world's largest naval exercise was launched in 1971.

The medical conference aboard Peace Ark on July 3 was attended by military medical personnel from the US, Canada, Indonesia, New Zealand, Norway and South Korea.

"We wanted the attendees to learn about our experiences on humanitarian assistance relief missions,"said Lieutenant Commander Xin Du, a PLA Navy medical officer.

"But more importantly, I wanted to learn from others' experience helping out on humanitarian relief efforts. I like the idea of exchanging ideas with other countries, it promotes friendship and subsequent joint missions,"Du was quoted as saying by the US Navy website.

Just as military medical exchanges were conducted on both the Peace Ark and Mercy, the US Third Fleet conducted a two-day scene setter in Pearl Harbor for the multinational and interagency participants of the humanitarian assistance and disaster relief scenario of RIMPAC on July 5-6.

A total of four PLA Navy ships are attending the RIMPAC for the first time this year. They are the missile destroyer Haikou, missile frigate Yueyang, supply ship Qiandaohu and hospital ship Peace Ark, with a total of 1,100 personnel, making it the second largest representation after only the host US.

Twenty-two nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel are participating in RIMPAC from June 26 to Aug 1 in and around the Hawaiian Islands and Southern California.

Military exchanges have been on the rise between China and the US in the past two years despite tensions in the South China Sea and East China Sea, where China and two US allies, Japan and the Philippines, have maritime territorial disputes.

In Beijing on Tuesday, PLA Chief of General Staff Fang Fenghui, who visited the US in May, met with Samuel Locklear, visiting commander of US Pacific Command on Tuesday.

They pledged to control disputes and push ahead with relations between the two militaries, according to a Xinhua News Agency report.

Fang said the two sides should cherish bilateral relations and appropriately handle their disputes while seeking more common ground.

Locklear said that the two sides should take a long-term perspective, handle disputes and advance military ties under the requirements of the leaders of the two countries.

Locklear is in Beijing to attend the 6th meeting of China-US Strategic and Economic Dialogue and the 4th China-US Strategic Security Dialogue held on Wednesday and Thursday.

Zhai Xiaofeng (right), a doctor of the Traditional Chinese Medicine clinic of PLA Navy hospital ship Peace Ark, talks about the basics of TCM to visiting military medical officials during a TCM demonstration and exchange conducted on the ship on Tuesday as part of the 2014 Rim of the Pacific (RIMPAC) exercise. Zhang Shaohu/China Daily

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China Daily

April 11, 2016 Monday

**Feature: Chinese acupuncture thrives in Lithuania**

**LENGTH:** 662 words

A Chinese **acupuncture** clinic in Lithuania's second largest city currently receives around 100 patients per week, bringing the **traditional** **Chinese** **medicine** skill to more people in the Baltic country.

In order to improve his skills and enlarge his knowledge about Chinese culture, Dainius has been to China seven times since 2007.[Photo/Xinhua]

A Chinese **acupuncture** clinic in Lithuania's second largest city currently receives around 100 patients per week, bringing the **traditional** **Chinese** **medicine** skill to more people in the Baltic country.

Owner Dainius Butvilas, a 39-year-old Lithuanian, is the only doctor at the clinic, which has been running since 2009 in Kaunas. He can speak Chinese, practices martial arts, and can kill pain with silver needles in the ancient Chinese way.

When he started his own career, around 20 patients came each week, seven years later, this number had increased five-fold.

His patients come from across Lithuania. "Eighty percent of them are from Kaunas, and the rest are from other places," he said.

"The oldest is 95 years old, and the youngest is just a few months," he continued.

Vaidas, a 32-year-old man from Kaunas, came to the clinic due to back pains.

"I don't know very much about traditional Chinese medicine. It's quite mysterious to me. But it works. Dainius cured my mother's back, and she recommended I come here," Vaidas told Xinhua on his first visit to the clinic. According to Dainius, it had not been easy to set up an acupuncture clinic in the country.

"I had to prepare lots of documents during registration, and not so many people here had enough trust on traditional Chinese medicine at that time," he said.

In order to improve his skills and enlarge his knowledge about Chinese culture, Dainius has been to China seven times since 2007. He studied and practiced Chinese acupuncture in Tianjin, Liaoning and Hubei.

"Traditional Chinese medicine is very deep. It helps people know their bodies, and helps us know why diseases come up," he said, talking about his reasons for choosing this career.

Besides working in his own clinic, Dainius has also trained 30 people to perform acupuncture.

[Photo/Xinhua]

According to Dainius, traditional Chinese medicine (TCM), especially Chinese acupuncture, has seen dramatic development in Lithuania since it entered the country in the 1970s.

"You can find it easily in around 100 clinics here, or even more," he said.

There are four reasons people come for treatment, he said: they didn't receive effective Western medical treatment, they are afraid of the side effects of Western medicine, their disease was not identified, or their disease is untreatable.

Besides treating people with Chinese acupuncture, Dainius also thinks about the future of traditional Chinese medicine.

"About traditional Chinese medicine, the best time is the past. Nowadays, it lacks development. Those books written thousands of years ago are already very deep and good," he said.

"In the future, I think there are several steps to promote traditional Chinese medicine abroad," he said.

"The first is using Western scientific approaches, the second is letting people know more about traditional Chinese medicine, and the third is letting people know more about Chinese culture," Dainius said.

"Only when people know enough about Chinese culture and history, etc. will they better understand traditional Chinese medicine," he continued. "It has a history of thousands of years. It can offer a lot to people nowadays. It nourishes life, and it prevents diseases."

About the future of his clinic, Dainius said candidly that he didn't plan to make it bigger.

"I want to focus on improving my skills and provide better services to patients," he said.

"Patients are my teachers. Their questions and problems always make me keep on acquiring more knowledge," he continued.

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China Daily

August 10, 2016 Wednesday

**Is cupping therapy good for you?**

**BYLINE:** Cesar Chelala

**LENGTH:** 735 words

**Cupping** is a form of therapy widely used in **Traditional** **Chinese** **Medicine** (TCM). It consists of creating a local suction on the skin using either heat (fire) or mechanical devices (hand or electrical pumps).

Round brown marks left by the traditional Chinese **cupping** treatment are seen on the body of American Olympic champion Michael Phelps. [Photo/Sina Weibo]

There was a gasp of surprise at the Rio Olympic Games when American swimmer Michael Phelps won his 19th and20thOlympic gold medal and helped his team win the 4x100 meters freestyle relay. And the surprise was not only for his remarkable achievement but also for some dark purple circles on his shoulders and back. They were the result of having undergone "cupping" before the race.

Cupping is a form of therapy widely used in Traditional Chinese Medicine (TCM). It consists of creating a local suction on the skin using either heat (fire) or mechanical devices (hand or electrical pumps). It is believed this method draws out toxins, mobilizes blood flow, soothes muscle pain and, in some cases, helps cure insomnia.

Cupping has a long history. The Ebers Papyrus, written c. 1550 BC, considered one of the oldest medical textbooks in the Western world, describes how the Egyptians used cupping to help cure some frequent medical issues and how it was also sued by Saharan peoples. Hippocrates, a Greek physician also used this technique c. 400 BC to treat internal disease and some structural problems.

Ge Hong (AD 284-364 ) who was a minor southern official during the Eastern Jin Dynasty (Eastern Jin Dynasty AD 317-420), was the first to use it inChina. He was interested in alchemy, herbalism and techniques of longevity. Ge Hong popularized the saying "Acupuncture and cupping, more than half of the ills cured." Later on, this method found its way throughout Asia andEurope.

In the dry cupping procedure, practitioners place specialized cups on the skin. They then use either heat or an air pump to create suction between the cup and the skin. As a result, a vacuum is created on the patient's skin to dispel stagnant blood and lymph, thereby improving the flow ofqi. It is used on the back, shoulders and other muscles such as those on the back of the neck.

Athletes who use this technique claim that it is highly effective. Other athletes who use this technique areUSgymnast Alex Naddour and Belarusian swimmer Pavel Sankovich, who reportedly said that cupping is a great recovery tool. Among American actresses Gwyneth Paltrow and Jennifer Aliston and Canadian pop star Justin Bieber uses it. In theUS, the technique was very popular until approximately the middle of the 20th century, and now is only use occasionally by the general population.

There has been a significant increase in the sales of cupping equipment following the Phelps incident, according to Jessica MacLean, acting director of the International Cupping Therapy Association. Phelps himself featured a promotional cupping treatment in a recent video for a sponsor.

Cupping has been used to treat a wide variety of medical conditions. Among them, blood disorders, rheumatic diseases, gynecological problems and skin disorders such as eczema and acne. Those who receive the treatment also claim improvement in their physical and psychological well-being.

Cupping has also been used by some as an alternative treatment for cancer. Despite the practitioners' claim for effectiveness, however, the American Cancer Society said recently, "There is no scientific rationale for expecting any health benefit from cupping," warning that the treatment also carries a small risk of burns.

It is very difficult to carry out controlled experiments to test the efficacy of cupping. However, an experiment involving 40 patients suffering from knee arthritis, reported less pain after four months of treatment compared to those who hadn't received the cupping treatment.

The obvious question is, in essence, how effective is this treatment? One cannot deny that there could be a placebo effect. This is a beneficial effect, produced by a placebo drug or treatment that cannot be attributed to their properties, and must therefore be due to the patient's belief in that treatment. Perhaps, as with other alternative treatment, cupping is as good as it makes you feel.

Cesar Chelala is an international public health consultant.

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China Daily

November 30, 2017 Thursday

**Africanpractices TCM in Chengdu hospital**

**LENGTH:** 1053 words

Dressed in a white gown with pens in pocket, 53-year-old Diarra Boubacar was welcomed by the **Traditional** **Chinese** **Medicine** Hospital in the Xindu district of Chengdu in Southwest China's Sichuan province, as a specially invited expert.

Diarra Boubacar prepares for **cupping** therapy. [Photo by Liu Song/for chinadaily.com.cn]

Dressed in a white gown with pens in pocket, 53-year-old Diarra Boubacar was welcomed by the **Traditional** **Chinese** **Medicine** Hospital in the Xindu district of Chengdu in Southwest China's Sichuan province, as a specially invited expert.

Born in the African country of Mali, Boubacar continued the family tradition of training to be a doctor at Malian Medical College, earning his degree in 1984. He then joined a government-sponsored program to continue his study in China.

In his freshman year, Diarra was the only one in his class to earn a grade as low as 40 percent. The frustrated man did not buckle under the hardship of learning the ancient Chinese language to read traditional Chinese medicine classics, and he developed an obsession with TCM.

During his years in China, Diarra has studied in different cities like Beijing, Guangzhou and Chengdu, and after a long journey, he finally got his post-doctorial degree. In 1994, he became the first foreigner to get a Ph.D in acupuncture at the Chengdu Traditional Chinese Medicine College.

After obtaining his medical degree in Sichuan province, he joined Medicins Sans Frontieres (Doctors Without Borders) to help patients in remote villages in Sichuan and Yunnan provinces.

The Chinese language is no longer a challenge to him. In fact, he can tell the difference between Sichuan and Chongqing dialects, and even slight differences between dialects of different counties.

Diarra Boubacar takes pulse feeling.

[Photo by Liu Song/for chinadaily.com.cn]

In the Xindu hospital, he devotes himself to his work and treats every patient with care. He offers his patients TCM treatments such as pulse feeling, cupping therapy and acupuncture. Nearly 100 patients come to his consulting room each day.

"Be careful, the moxa stick is hot and might roast your belly well-done," Boubacar jokes. From time to time, he uses humor to ease his patients' nervousness.

Boubacar also discusses therapies with his colleagues. Apart from treating patients, he teaches, hoping to encourage young Chinese people to learn traditional practices.

Boubacar is always busy when on duty. Everywhere he goes, relatives of patients stop him and ask questions. He listens carefully, answering their questions with great patience and in detail. When busy at work, he and his colleagues eat lunch in the office.

His experience of more than 30 years in China has turned him into an expert on the country. He is fond of spicy food and traditional Chinese opera. He also writes Chinese characters beautifully.

Apart from his academic study, Boubacar also reads classic works of traditional Chinese medicine, like the Treatise on Febrile and Miscellaneous Diseases. He reads them with dictionaries close at hand.

In Chengdu, not only did Boubacar find success in his career, he also discovered love. There he met Yang Mei, who became his wife in 2001. Now they have two children.

As time goes on, more and more people are accepting traditional Chinese medicine around the world. The Chinese government is also promoting traditional Chinese medicine in its construction of the Belt and Road program.

Boubacar hopes one day there can be a clinic of traditional Chinese medicine in Africa to cultivate more young doctors, and to carry forward this deeply rooted culture.

Diarra Boubacar applies cupping to a patient. [Photo by Liu Song/for chinadaily.com.cn]

Diarra Boubacar teaches young Chinese doctors on traditional Chinese medicine.[Photo by Liu Song/for chinadaily.com.cn]

Diarra Boubacar discusses therapies with his colleagues. The Chinese language is no longer a challenge to him. In fact, he can tell the difference between Sichuan and Chongqing dialects, and even slight differences between dialects of different counties. [Photo by Liu Song/for chinadaily.com.cn]

Diarra Boubacar talks with a family member of a patient. [Photo by Liu Song/for chinadaily.com.cn]

"Be careful, the moxa stick is hot and might roast your belly well-done," Boubacar jokes. From time to time, he uses humor to ease his patients' nervousness. [Photo by Liu Song/for chinadaily.com.cn]

Diarra Boubacar examines a patient. He receives nearly 100 patients a day. [Photo by Liu Song/for chinadaily.com.cn]

When busy at work, he and his colleagues eat lunch in the office. His experience of more than 30 years in China has turned him into an expert on the country. He is fond of spicy food and traditional Chinese opera. He also writes Chinese characters beautifully. [Photo by Liu Song/for chinadaily.com.cn]

Chen Xuezhong, a prominent doctor in traditional Chinese medicine in Sichuan province, demonstrates treatment to Diarra Boubacar and his colleagues. [Photo by Liu Song/for chinadaily.com.cn]

Diarra Boubacar combines acupuncture with Western medicine.[Photo by Liu Song/for chinadaily.com.cn]

Diarra Boubacar writes down his therapy for patients in Chinese. [Photo by Liu Song/for chinadaily.com.cn]

Diarra Boubacar's family. [Photo by Liu Song/for chinadaily.com.cn]

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China Daily

September 10, 2015 Thursday

**TCM tonic herb 'can kill HIV', study finds**

**BYLINE:** SHAN JUAN

**LENGTH:** 100 words

The sex-booster herb Schisandraceae, widely used in **traditional** **Chinese** **medicine** for 2,000 years, has shown promise in treating HIV/AIDS.

**Acupuncture,** a significant part of **traditional** **Chinese** **medicine,** has been widely used to treat a range of conditions in the country's TCM hospitals. [Photo provided to China Daily]

The sex-booster herb Schisandraceae, widely used in **traditional** **Chinese** **medicine** for 2,000 years, has shown promise in treating HIV/AIDS, according to a 20-year-long study led by the Kunming Institute of Botany of the Chinese Academy of Sciences.

Native to North China, the Korean Penin

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China Daily

January 19, 2017 Thursday

**Acupuncture helps penetrate barriers**

**BYLINE:** Shan Juan

**LENGTH:** 307 words

**Acupuncture**, a component of **traditional Chinese medicine,** can serve as an effective introduction to TCM therapies in other countries, officials said.

**Acupuncture** is widely practiced, having reached 103 countries besides China, according to the World Federation of **Chinese** **Medicine** Societies.

Eighteen countries cover acupuncture under their health insurance plans, which indicates wide acceptance of its effectiveness, said Li Zhenji, vice-chairman of the federation, an international nongovernmental organization committed to TCM promotion worldwide.

"Foreigners are more likely to accept the technique of acupuncture" than TCM herbal drugs, Li said.

Researchers and practitioners in China also are initiating more medical studies on acupuncture's therapeutic effect, said Liu Naigang, a veteran acupuncturist at China-Japan Friendship Hospital.

Margaret Chan, director-general of the World Health Organization, urged the Chinese government to promote acupuncture and TCM in general abroad to benefit more people worldwide.

The museum's centerpiece is a cast bronze model engraved with acupuncture points that was given by Emperor Qianlong of the Qing Dynasty (1644-1911) to courtiers who had helped compile medical texts.

President Xi Jinping was to give a 1.82-meter-tall copy of the bronze figure to the WHO during a visit to its headquarters in Geneva on Wednesday.

"That's a huge honor and boost for TCM and acupuncture around the world," Liu said. Acupuncture has proved effective with different illnesses, he said.

With help from modern medical technology like imaging, "acupuncture can be practiced in a more targeted and effective approach," Liu said.

(China Daily 01/19/2017 page2)

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China Daily

October 26, 2017 Thursday

**China's 'barefoot' African doctor to take TCM to Africa**

**LENGTH:** 1428 words

If Diarra Boubacar did not have very good reflexes and a pair of sturdy legs, he might never have been able to distinguish himself as a doctor of **traditional** **Chinese** **medicine** (TCM) in China.

African doctor Diarra Boubacar gives **acupuncture** treatments to a patient at a **traditional** **Chinese** **medicine** hospital in Chengdu, Southwest China's Sichuan province, on Dec 16, 2016. [Photo/Xinhua]

BEIJING - If Diarra Boubacar did not have very good reflexes and a pair of sturdy legs, he might never have been able to distinguish himself as a doctor of **traditional** **Chinese** **medicine** (TCM) in China.

The 53-year-old still has a good laugh when he talks about his first day working as a doctor at a private hospital in Chengdu, the city in Southwest China known for its panda museum and research base.

For three days, he didn't get a single patient. Then on the fourth, a matronly woman opened the door to his office, saw him - and ran away. "I had to run after her, saying I can help you with the problem," he said laughingly.

When she stopped, arrested by the sight of a foreigner speaking Chinese, he put on his best persuasive manner. "If I am not effective, I will not take any money from you," he promised her.

Reassured partly by that and partly by his Chinese, she came back, underwent treatment and felt better. "Finally, she started bringing her parents, her husband and they all became my patients," he reminisced.

Doctor Boubacar grew up in a small town in south-central Mali, a landlocked country in West Africa, which finds it challenging to provide affordable healthcare to its 18 million people, having suffered a series of conflicts following colonial rule by France.

From his father, Doctor Thiemoko Diarra, who worked with the International Committee of the Red Cross in his hometown, Boubacar learnt to build up trust with his patients and tried to be conscious of their payment capacity.

"When my father saw patients at home, he never took any fee from them," he said. "He would tell me, a doctor's job is to love his patients and serve his community."

African doctor Diarra Boubacar feels the pulse of a patient at a traditional Chinese medicine hospital in Chengdu, Southwest China's Sichuan province, on Dec 16, 2016. [Photo/Xinhua]

A DIFFICULT START

Boubacar first came to China in 1984 on a student exchange program majoring in Chinese language and culture at Beijing Language and Culture University.

After the two-year course, he intended to enroll at Beijing Medical University but then switched to studying TCM at Guangzhou University of TCM, preferring to study something typical in China. The start, as he remembered, was very difficult.

"It's not like now when you have places in China where foreigners can go and (attend) class in English," he explained to Xinhua.

"I went to university with Chinese students (and) we did it in Chinese. So it was very, very hard for us. In the beginning we couldn't understand the teachers."

Since TCM is also related to Chinese history and culture, students have to study ancient Chinese literatures as most of the medical texts are written in ancient Chinese characters. "That's a subject even the Chinese find difficult; so think of me, a foreigner!" he said.

What inspired him to plod on was the similarities in TCM and traditional African medicine, such as using certain herbs to treat the same diseases and letting out blood.

However, the greatest challenge for him was to convince people that even though he was a "laowai" - a foreigner - he could still treat them effectively with TCM. Fortunately, his fluency in Chinese improved, which helped.

In 1997, he became the first foreigner to receive a doctoral degree in acupuncture from Chengdu University of TCM. The same year, he also got married.

He met his wife, Yang Mei, while attending a local church in Chengdu. Since then, his Chinese has further improved as well as his knowledge of Chinese culture. After 20 years of marriage, the proud couple has two children.

Boubacar said he is so well integrated into Chinese culture and society that every time he goes back home, his friends complain about his being "more Chinese than African!"

His philosophy is simple. Life is about living in harmony with friends, and it "doesn't matter whether here in China or in Africa."

Besides his work in a private sector, Boubacar has also been working with Medecins Sans Frontieres, the international medical humanitarian organization, going to underdeveloped villages to treat impoverished patients.

A major part of his work was to treat leprosy patients. In 1999, Boubacar participated in an HIV prevention and awareness project in Sichuan and Southwest China's Yunnan province, where he is based today.

"In the past few years, AIDS prevention and treatment has really improved in China and TCM is being used effectively to build up the immunity system," he told ChinAfrica magazine.

African doctor Diarra Boubacar writes out a prescription for a patient at a traditional Chinese medicine hospital in Chengdu, Southwest China's Sichuan province. [Photo/Xinhua]

"AFRICAN NORMAN BETHUNE"

Due to his work in the community, where he has also been training village doctors in TCM, Boubacar is also known as "China's barefoot doctor" and the "African Norman Bethune."

Doctor Bethune was a Canadian frontline doctor who ran mobile hospitals in north China in the 1930s.

Boubacar's contribution has been recognized by the Chinese authorities. He has been awarded by the local government of Yunnan and hailed as one of China's top 10 humanitarian workers in a public vote organized by a Chinese TV channel. In 2013, he received a national award from Premier Li Keqiang.

Buoyed by his medical expertise, experience, and the connections that he has built up in China, he has a dream. For 10 years he had been dreaming the dream but finally, it is on solid ground.

"I want to have this big center," he described his vision. "I want to (build) not only a hospital but also an educational center where people can come and learn about Chinese medicine."

The center, besides combining a hospital and a teaching institution, will also have a facility for advanced research into both TCM and African herbal medicine. Boubacar has been networking with 15 African doctors studying in China and is hopeful they would be part of the project.

He is also looking for investors, in China and elsewhere. This dream, he says would not have been born if he had not come to China.

"All these years in China, I learned a lot," he said. "I am very thankful and grateful to my teachers ... Now I have got enough resources and enough knowledge. I will be able to go back to Africa and start this project."

He plans to start on a small scale and will be training doctors in Africa like he did in rural China. "If they learn TCM, they will be able to treat people in Africa in a very cheap and effective way," he said.

TCM has received global attention after the Chinese government's vigorous promotion, followed by Chinese pharmacologist Tu Youyou receiving the Nobel Prize in Medicine in 2015 for her formulation of a cure for malaria from ancient Chinese medical texts.

The rise of TCM on the international stage inspires him. "Chinese medicine has become more and more well-known in the world. We have this new initiative. It's time now to do it," he said.

African doctor Diarra Boubacar checks the patients' medical records at a traditional Chinese medicine hospital in Chengdu. [Photo/Xinhua]

UNDERSTANDING AFRICA

As an African who has embraced China, Boubacar has another dream. While he is promoting Chinese culture in Africa through TCM, he wants Chinese to learn more about Africa and African culture.

"I hope the Chinese can understand Africa (better) because China and Africa, we have a very long history together. We have been growing together," he said.

However, many Chinese, he said, do not still understand Africa. "Africa is not one country, it is 54 countries. Different countries have different customs," he said. "Many think Africa is only one country (full of) famine and war. We have more than that."

African doctor Diarra Boubacar works with a medical intern at a traditional Chinese medicine hospital. [Photo/Xinhua]

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China Daily

May 13, 2017 Saturday

**Russian medical workers attend training course of TCM in Lanzhou**

**LENGTH:** 332 words

Russian medical workers attend training course of TCM in Lanzhou

A Chinese medical worker shows **cupping** therapy to Russian students at the hospital affiliated to Gansu University of **Chinese** **Medicine** in Lanzhou,Northwest China's Gansu province, May 12, 2017. Twelve Russian medical workers were in Gansu to attend a half-month training course of **traditional** **Chinese** **medicine.** [Photo/Xinhua]

Russian students practice traditional Chinese medicine massage at the hospital affiliated to Gansu University of Chinese Medicine in Lanzhou,Northwest China's Gansu province, May 12, 2017.[Photo/Xinhua]

Chinese doctor Zhou Qiang (4th L) introduces traditional Chinese medicine massage to Russian students at the hospital affiliated to Gansu University of Chinese Medicine in Lanzhou,Northwest China's Gansu province, May 12, 2017. [Photo/Xinhua]

Chinese doctor Zhou Qiang (1st R) teaches traditional Chinese medicine massage to a Russian student at the hospital affiliated to Gansu University of Chinese Medicine in Lanzhou,Northwest China's Gansu province, May 12, 2017.[Photo/Xinhua]

A Russian student practices traditional Chinese medicine massage at the hospital affiliated to Gansu University of Chinese Medicine in Lanzhou,Northwest China's Gansu province, May 12, 2017.[Photo/Xinhua]

Chinese doctor Zhou Qiang introduces traditional Chinese medicine massage to Russian students at the hospital affiliated to Gansu University of Chinese Medicine in Lanzhou,Northwest China's Gansu province, May 12, 2017. [Photo/Xinhua]

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China Daily

August 23, 2017 Wednesday

**Acupuncture for cats and dogs in China**

**LENGTH:** 583 words

Pet owners in China are turning to **acupuncture** to help soothe the aches and pains of their beloved cats and dogs.

A dog and a cat receive treatment at Shanghai TCM (**Traditional** **Chinese Medicine)** Neurology and **Acupuncture** Animal Health Center, which specialises in **acupuncture** and moxibustion treatment for animals, in Shanghai, China, August 9, 2017. [Photo/Agencies]

SHANGHAI - Pet owners in China are turning to **acupuncture** to help soothe the aches and pains of their beloved cats and dogs.

"China is famous for acupuncture. I took the cat here immediately to have a try," said Wang Xijuan, 74, holding the paw of her feline friend during a session at a Shanghai clinic.

After four treatments, Wang said her cat can "walk now, jump and even fight with other cats".

Traditional practitioners believe acupuncture, which involves inserting long, fine needles at specific places, known as meridians, of the body, can stimulate blood circulation to promote healing and relieve some aches and pains.

On its website, the International Veterinary Acupuncture Society said acupuncture has been used in veterinary practice in China "for thousands of years to treat many ailments".

A dog walks with a wheelchair attached outside Shanghai TCM Neurology and Acupuncture Animal Health Center, which specialises in acupuncture and moxibustion treatment for animals, in Shanghai, China, August 9, 2017. [Photo/Agencies]

Jin Rishan, a specialist at the Shanghai TCM Neurology and Acupuncture Animal Health Center, said they have treated more than 2,000 cats and dogs since the clinic opened four years ago.

A single session costs 260 yuan ($39) and last for about 45 minutes.

Jin said about 80 percent of their patients have shown some improvement after treatment.

"Making a paralysed and dependent dog stand up is our ultimate goal," Jin said.

A dog is carried by a veterinarian after receiving treatment at Shanghai TCM Neurology and Acupuncture Animal Health Center, which specialises in acupuncture and moxibustion treatment for animals, in Shanghai, China, August 9, 2017. [Photo/Agencies]

A dog sits inside a glass kennel at Shanghai TCM Neurology and Acupuncture Animal Health Center, which specialises in acupuncture and moxibustion treatment for animals, in Shanghai, China, August 16, 2017. [Photo/Agencies]

Dogs receive treatment at Shanghai TCM Neurology and Acupuncture Animal Health Center, which specialises in acupuncture and moxibustion treatment for animals, in Shanghai, China, August 16, 2017. [Photo/Agencies]

A dog receives treatment at Shanghai TCM Neurology and Acupuncture Animal Health Center, which specialises in acupuncture and moxibustion treatment for animals, in Shanghai, China, August 10, 2017. [Photo/Agencies]

Acupuncture needles are seen at Shanghai TCM Neurology and Acupuncture Animal Health Center, which specialises in acupuncture and moxibustion treatment for animals, in Shanghai, China August 16, 2017. [Photo/Agencies]

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China Daily

January 15, 2016 Friday

**Will TCM ever go mainstream?**

**BYLINE:** Dong Leshuo

**LENGTH:** 2087 words

While the most familiar and widely used **traditional** **Chinese** **medicine** method (TCM) used in the United States is **acupuncture**, TCM's use of herbal formulas has made few inroads, reports Dong Leshuo from Washington.

Dr Quansheng Lu, an acupuncturist, at his Chinese herbal pharmacy in the Wholelife **Chinese** **Medicine and Acupuncture** Center in Rockville, Maryland, on Dec 8. Provided to China Daily.

At the Karolinska Institutet in Stockholm, one of the largest and most prestigious medical universities in the world, hundreds of the world's top medical researchers and practitioners listened as a Chinese lady spoke.

The speaker on Dec 7 was Youyou Tu, awarded the 2015 Nobel Prize in Physiology or Medicine "for her discoveries concerning a novel therapy against Malaria."

Tu, the first Chinese national to win a Nobel Prize, talked about how she with other Chinese scientists, extracted the malaria-fighting compound Artemisinin from the plant Artemisia annua to treat Malaria.

She called her breakthrough "a successful example of collective exploration in Chinese medicine."

"Artemisinin is a gift to the world from Traditional Chinese Medicine," Tu said.

Shennong, an emperor of China who is said to have lived about 4,500 years ago, is thought to have taught the ancient Chinese the use of herbal drugs. Chinese herbal medicine, along with acupuncture and many different practices and therapies, make up Traditional Chinese Medicine (TCM).

For more than 4,000 years, TCM has been an integral part of Chinese culture and the predominant medical treatment for a large part of the world's most populous country.

But the Chinese herbal medicine, from which Tu extracted Artemisinin to fight malaria, is still not a legal drug in the United States.

Twilight zone

Chinese herbal medicine continued to remain in the twilight zone of medical treatment in the US until 1994 with the passage of the Dietary Supplement Health and Education Act (DSHEA).

President Bill Clinton signed the Act into law, saying that "after several years of intense efforts, manufacturers, experts in nutrition, and legislators, acting in a conscientious alliance with consumers at the grassroots level, have moved successfully to bring common sense to the treatment of dietary supplements under regulation and law."

Under the act, Chinese herbal medicine can only be sold to supplement a diet, must be taken by the mouth and contain a dietary ingredient, which includes vitamins, minerals and herbs or other botanicals.

While the Chinese practice of acupuncture is accepted and practiced widely in the US, it will be much harder for Chinese herbal medicine to integrate because "there are all kinds of issues about safety around quality control," said Ted J. Kaptchuk, a professor of medicine at Harvard Medical School and author of The Web that Has No Weaver: Understanding Chinese Medicine, a book on the theory and practice of Chinese alternative medicine.

"The complexity of Chinese herbal medicine is much more than acupuncture. It's going to be a much slower process for Chinese herbs," said Kaptchuk, who went to Macao to study TCM from 1971 to 1975 and graduated with a degree in Chinese Medicine.

In 2007, an editorial in the scientific journal Nature described TCM as "largely just pseudoscience, with no rational mechanism of action for most of its therapies."

"Traditional Chinese medicine has an enormous treasure of different herbs for different conditions, which have been trying to be utilized in the Western world," said Dr Brian Berman, a tenured professor of family and community medicine, director of the University of Maryland School of Medicine Center for Integrative Medicine and president and founder of the Institute of Integrative Health.

As a Western trained medical doctor who was looking for solutions to chronic diseases in particular, Berman started to study acupuncture, and the Chinese exercises Taiqi and Qigong about 30 years ago.

"I think there are many challenges. One of them is the quality of product. Some of the herbal companies are very good. But some of the other products are not as good, giving the companies a bad reputation," Berman said.

Thousands of herbs

When it comes to Chinese herbal medicine, a single formula is usually composed of many herbs, each of which has numerous chemical compounds. Thousands of herbs -- mainly plant but also animal and mineral products -- are used in TCM. They can be taken as capsules, powders or tea. If taken in the wrong dose, they can be toxic.

There is concern about quality control and the consistency of herbal preparation because quality and chemical constituents vary from field to field, season to season and one extraction process to another.

Due to inherent differences in how Western medicine and TCM are practiced, employing the Western medicine-based gold standard research methods to evaluate TCM is challenging, said Berman.

"Many patients are being told by their doctors that we don't really know about these therapies. They are not collectively introducing them," Berman said. "We have large clinical trials. We have a very long clinical trial of acupuncture and there is a published paper that it is a safe in practice," he said.

Berman said that it is even hard to do research on herbal medicine.

"When we decided to do a Chinese herbal formula study, it was hard for us to recruit people to do the study. Because people were concerned about whether the medicine would contaminate them," Berman said.

"Getting the funding to do the research is also a challenge, but I think the challenges are getting easier and easier. There was a huge challenge to even study it. People asked what it was like and why are you doing this. Now I think people realize we have to look at that. People are suffering from a lot of problems that we don't have the answers to, so we have to look widely because Chinese herbal medicine has a lot to offer. And I think we should keep costs at a low level so that it will not be so expensive," Berman said.

Major problem

Insurance companies pose another major problem to the legitimacy of TCM in the US. A patient can make an insurance claim for acupuncture but not for herbal treatment.

"Most of the time, acupuncture works best with medicine. That's why acupuncturists in China usually also prescribe Western medicine as well as herbal medicine to the patients. But in the US, without an MD license, the acupuncturist cannot prescribe the Western medicine. We can give the patient herbal medicine, but the cost must be covered by the patient," said Dr Quansheng Lu, who worked in China as a doctor specializing in TCM for 14 years and is a licensed acupuncturist in Rockville, Maryland.

He said one of the challenges facing TCM in the US has been positioning it in the health system, whereas in China it is a mainstream medical and health solution. Lu thinks more communication and promotion of TCM needs to be done in the US to put it on equal footing with its use in China.

Many Chinese remedies appear to have significant therapeutic value and some work on conditions for which Western doctors have no pharmaceutical drugs, according to Dr Andrew Weil, a longtime proponent of TCM to treat a wide range of conditions.

"People use TCM for diseases that have not been successfully treated by modern medicine. Sometimes for diseases when there is no other kind of treatment available," Kaptchuk said.

One of Lu's patients was a senior executive at an international organization in Washington. He had been suffering from eczema for a long time and the condition seriously affected his life and work. Despite seeing dozens of dermatologists in the area, including some specialists at established medical institutions such as the Johns Hopkins Hospital, nothing helped.

Lu said he treated him with acupuncture and herbal medicine in 2014, and after a month, the man was fully cured.

"I think they (American patients) are looking for treatments that are safe and effective and that work particularly for some of the chronic diseases like diabetes and pain problems," Berman said.

"Things like pain are probably the most important to be treated by acupuncture. For herbal medicine, function disorders would be important," Kaptchuk said.

To get accepted in the US, Berman said TCM will have to undergo a "gold standard" medical trial and efficacy study.

"I think acupuncture and other forms of TCM can be shown that they are effective to treat diseases. I think without that (the trial), it won't be accepted so much. If they (TCM) really want to go to the mainstream, they have to go through clinical trials and be evaluated in that way," Berman said.

He said several Chinese herbal medicine trials have been done and are being done in different parts of the world. "Among them, there are about 35 Chinese medicines in trial in areas such as for headaches," Berman said.

Danshen Dripping Pill

In the US, the one that is the closest to the finish line is the compound Danshen Dripping Pill, a Chinese herbal treatment for angina and coronary heart disease. It successfully completed the FDA's Phase II clinical trials in July 2010. Once it passes Phase III investigations, which would most likely happen in this year, it would be the first Chinese medicine to become a prescription drug in the US.

This would be an FDA endorsement of the herbal combination to treat potentially serious illnesses, said Mark Blumenthal, founder and executive director of the American Botanical Council, according to an earlier article published in 2014 in China Daily.

The Danshen Dripping Pill is one of the products produced by Tasly Pharmaceuticals, Inc that it calls "modern Traditional Chinese Medicine (mTCM)".

"The first thing we did to get it approved was to build a solid foundation in science and collect enough evidence," said Henry Sun, president and CEO of Tasly, based in Rockville, Maryland. "Our goal is to bring our well-evidenced mTCM products to benefit American patients. "

Sun said he believes that the development of chemical pharmaceuticals has been slowing down and reached a bottleneck because lead compounds, new structures and disease targets have been explored extensively. "But in a way, mTCM is all natural, and it provides a new, significant resource for the discovery and development of pharmaceuticals," he said.

"If the Danshen Dripping Pill is approved by the FDA, I believe there will be lots of pharmaceutical companies doing research on it. They may develop new chemical pharmaceuticals from it. In this sense, the Chinese medicine, which is based on extensive clinical experiences, could contribute a whole repository to science and clinical research in the future," Sun said.

And in her speech in Stockholm, Tu said: "If we inherit and keep developing (TCM), there will be new findings and inventions which will benefit every human being."

Cleveland Clinic

In January 2014, the Cleveland Clinic, one of the country's top hospitals, opened its herbal clinic. It is part of Ohio hospital's Center for Integrative Medicine, which also provides acupuncture, holistic psychotherapy and massage therapy.

"Western medicine does acute care phenomenally.... But we're still struggling a bit with our chronic-care patients and this fills in that gap and can be used concurrently," Melissa Young, an integrative medicine physician at the clinic told The Wall Street Journal in a story published in April 2014.

To be treated, patients must be referred by a doctor and will be monitored to ensure that there are no drug-herbal interactions or other complications.

Osher Center for Integrative Medicine at Northwestern University and NorthShore University HealthSystem, affiliated with the University of Chicago, both include herbal medicine among their offerings.

Treatments

Herbal medicine is used to treat a variety of conditions either as a primary treatment or in conjunction with conventional medicine or other treatments and is especially useful in chronic illness.

Conditions often seen by herbalists include: allergies; asthma; arthritis; anxiety; depression and stress related conditions; acne and other skin problems; anxiety; digestive and bowel conditions; cystitis and prostate enlargement; infertility; menstrual disorders and symptoms; angina; high blood pressure; poor circulation; varicose veins; infections and immune deficiency; headaches; migraine; insomnia; and chronic fatigue.

Contact the writer at leshuodong@chinadailyusa.com

Pan Jialiang in Washington contributed to the story.

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China Daily

November 24, 2013 Sunday

**Bitter pill for traditional Chinese medicine**

**BYLINE:** Zhang Chunyan in London

**LENGTH:** 264 words

As **traditional** **Chinese** **medicine** makes waves in Europe with alternative therapies such as **acupuncture** and massage, it finds itself being denied market access for medications.

New quality and safety rules may stifle sales prospects of TCM in the European marketn.

Li Min/China Daily

In London's Chinatown, a poster in Chinese urges customers to stock up on traditional and other patent Chinese medicines before an impending ban on patented TCM products from next year.

At TCM clinics in London, patients still keep trickling in for acupuncture and massage services. However, there is a lull in demand for various Chinese herbal and patent medications because customers seem to be wary of the Medicines and Healthcare Products Regulatory Agency's forthcoming decision.

Therein lies the twist in the tale. Just as traditional Chinese medicine makes waves in the UK and the rest of Europe with alternative therapies such as acupuncture and massage, it finds itself being denied market access for medications.

Traditional Chinese medicine, which has evolved over 4,000 years, relies largely on patented and herbal medications to prevent and help the human body fight ailments, and treatments to relieve pain and restore balance in the body.

According to the proposal the MHRA floated on July 9, the sale of all unlicensed manufactured herbal medicinal products will be halted in the UK from next year. The MHRA is a British government agency that is responsible for ensuring that medicines and medical devices used in the UK are safe.

The proposal is not targeted specifically at TCM. Andrea Farmer, M

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China Daily

July 25, 2016 Monday

**Joint scientific research drives traditional Chinese medicine westward**

**BYLINE:** Xinhua in Berlin

**LENGTH:** 667 words

How often is **acupuncture** applied in pain treatment? How effective is **traditional** **Chinese** **medicine** in infertility treatment? Such questions were passed by doctors from Hanover Medical School to a delegation of TCM experts from China earlier this month.

The delegation from the China Academy of Chinese Medical Sciences paid a visit to Hanover Medical School for TCM cooperation with Germany where they discussed academic research and clinical practice in areas including pain treatment, gynecological diseases, and rehabilitation therapy.

Both academic institutions plan to explore scientific TCM research with concerted efforts in areas such as kidney disease, hypertension, gynecological diseases, and pain treatment, as well as training and exchange programs of medical personnel in TCM.

Students practise point massage, a traditional Chinese medical care solution to relieve patients' headache during a TCM training in Chengdu, Sichuan province. Mo Xiao / For China Daily

Zhang Boli, the president of CACMS, said that the international cooperation was an effective way to promote TCM development and introduce China's TCM research achievements to the rest of the world.

At the same time, advanced technologies in other countries could be used to work towards the modernization of TCM.

The delegation, headed by Boli, was here to implement a memorandum of cooperation signed with MHH during German Chancellor Angela Merkel's visit to China in June.

Zhang said the medical community in Europe was gaining deeper insight into TCM. "I notice such a trend. In the past, TCM conferences in Europe were mostly attended by Chinese, but now, things have changed; most of attendees are Europeans."

"An increasing number of German doctors are beginning to accept TCM," Liu Yang, project representative of the German Association of TCM said. "If Western medicine does not work in some cases, they would seek help from TCM."

Owing to Germany's import restrictions on Chinese herbal medicine, acupuncture plays a key role in TCM therapy in Germany. Currently, the German Doctors' Association for Acupuncture headquartered in Munich has over 8,700 members.

"At least 9,000 practitioners of Western medicine with prescription rights are applying acupuncture as a therapy in Germany," said Zheng Wen, a gynecologist of Hanover Medical School.

Zheng has been treating patients using acupuncture for over five years. As the number of patients has risen, her work time has increased from half a day per week to five days per week and she now has a room set up exclusively for TCM.

However, it is still a great challenge for TCM to gain full recognition from the medical community in Germany. Despite a huge number of successful clinical cases, the theory behind it still remains inexplicable to Western science. "This is one of the hurdles in the way of TCM development in Germany and one immediate consequence is the exclusion of TCM from the medical insurance system."

At present, medical insurance companies in Germany only cover acupuncture fees for knee pain and back pain treatment. All other TCM treatments must be paid for by the patients themselves. Therefore, TCM can be too costly for Germans whose Western medical treatments are usually fully covered by insurance.

Zheng said cooperation with top medical schools and universities on scientific research could help boost the general recognition of TCM. Both sides can start with areas where TCM demonstrates good curative effects in clinical practices. Joint efforts should be made to conduct research on the functioning mechanisms behind it and publish related academic papers.

"TCM boasts a long history of development. In many cases, how it works cannot be explained. Through cooperation from both sides, we may have some new findings," said Christopher Baum, the president of MHH.

(China Daily 07/25/2016 page16)

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China Daily

November 17, 2017 Friday

**Pet hospital uses acupuncture to help animals**

**BYLINE:** Wu Yong

**LENGTH:** 286 words

A doctor treats a cat with electro **acupuncture** at a pet hospital in Shenyang, Northeast China's Liaoning province. The hospital provides **traditional** **Chinese** **medicine** treatment for cats and dogs. Doctors treat animals with **acupuncture** and electro **acupuncture**. Previously, in order to relieve the pain of injured pets, the owners chose euthanasia.

A dog is treated with electro acupuncture at a pet hospital in Shenyang, Northeast China's Liaoning province. The hospital provides traditional Chinese medicine treatment for cats and dogs. Doctors treat animals with acupuncture and electro acupuncture. Previously, in order to relieve the pain of injured pets, the owners chose euthanasia.[Photo provided to chinadaily.com.cn]

A cat is treated with acupuncture at a pet hospital in Shenyang, Northeast China's Liaoning province. [Photo provided to chinadaily.com.cn]

A doctor treats a cat with electro acupuncture at a pet hospital in Shenyang, Northeast China's Liaoning province.[Photo provided to chinadaily.com.cn]

A doctor treats a dog with electro acupuncture at a pet hospital in Shenyang, Northeast China's Liaoning province. [Photo provided to chinadaily.com.cn]

A pet is treated with electro acupuncture at a pet hospital in Shenyang, Northeast China's Liaoning province. [Photo provided to chinadaily.com.cn]

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China Daily

September 10, 2015 Thursday

**TCM tonic herb 'can kill HIV', study finds**

**BYLINE:** SHAN JUAN

**LENGTH:** 470 words

The sex-booster herb Schisandraceae, widely used in **traditional** **Chinese** **medicine** for 2,000 years, has shown promise in treating HIV/AIDS.

**Acupuncture,** a significant part of **traditional** **Chinese** **medicine,** has been widely used to treat a range of conditions in the country's TCM hospitals. [Photo provided to China Daily]

The sex-booster herb Schisandraceae, widely used in traditional Chinese medicine for 2,000 years, has shown promise in treating HIV/AIDS, according to a 20-year-long study led by the Kunming Institute of Botany of the Chinese Academy of Sciences.

Native to North China, the Korean Peninsula and Russia, the plant has been used in TCM treatment as a tonic that enhances the function of the liver and kidneys and improves memory and sexual performance.

Notably, several derivatives of the herb's lignin, which is the compound extracted from the leaves and stems of the woody vine plant, have strong anti-HIV properties and low toxicity, according to Sun Handong, an academician at the Chinese Academy of Sciences who led the research.

"The lab-engineered derivatives can kill HIV, so the finding paves the way for future anti-HIV drug research and development," he said.

However, whether the finding will lead to a cure for HIV/AIDS won't be known anytime soon. "It definitely will require more research and takes a long time," Sun said.

Preclinical research into the anti-HIV derivatives has been carried out with the support of the National Major Scientific and Technological Special Project, according to Pu Jianxin, a researcher for the study.

Wang Jian, a TCM doctor who specializes in HIV/AIDS treatment at the Beijing-based Guang'anmen Hospital of the China Academy of Chinese Medical Sciences, urged further research.

"The findings are still preliminary, and whether it works on the clinical side remains a question," Wang said.

Since 2004, China has treated more than 27,000 sufferers of HIV/AIDS with TCM treatment. Studies found that with a combination of mainstream antiretroviral therapy and TCM treatment, the patients benefited in particular by experiencing boosted immunity, he said.

"Current TCM treatment for HIV/AIDS mainly focuses on immunity maintenance. Unlike that, the Schisandraceae study showed that the compound can kill the virus itself," Wang added.

Pu, one of the study's researchers, said that to advance research and development of new drugs, such studies of natural products will play an increasing role.

Among the drugs derived from natural compounds, the anti-malaria treatment qinghaosu, also known as artemisinin, is the most well-known among the Chinese. Pharmaceutical chemist Tu Youyou and her team screened over 2,000 TCM herbs and eventually discovered that artemisinin from sweet wormwood, an aromatic herb used widely in TCM, was an effective treatment for malarial fever.

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China Daily

February 15, 2017 Wednesday

**TCM wins global recognition**

**BYLINE:** Guo Ying/Wei Mengjia

**LENGTH:** 742 words

Students around the world are learning the secrets of **traditional** **Chinese** **medicine** as this form of treatment gains increasing popularity.

Bryan Anker, a University of California student, practices **acupuncture** guided by doctor Du Chunqing in Linfen, Shanxi. [Photo/Xinhua]

Students around the world are learning the secrets of **traditional** **Chinese** **medicine** as this form of treatment gains increasing popularity.

When Chinese President Xi Jinping presented a bronze statue highlighting the acupuncture points on the human body to the World Health Organization in Geneva last month, it drew global attention.

But Malaysian Pauline Moy was already familiar with the figure.

A student at the International School of Beijing University of Chinese Medicine, she used a replica to help her memorize the pressure points and practice the techniques.

Formerly an actor, Moy came to the university in 2011 to explore the mystery of "how a needle can relieve pain and cure disease". She took the undergraduate course in acupuncture, moxibustion and tuina, or therapeutic massage used in TCM.

Now she is pursuing a master's degree in traditional Chinese medicine.

Acupuncture is just one component of TCM, she says. To better understand the essence of acupuncture, she has read ancient texts written in classical Chinese, the biggest challenge of her studies.

A replica of an ancient bronze figure used to teach acupuncture. [Photo/Xinhua]

"Learning those TCM classics is akin to piecing together a jigsaw puzzle. I have to learn the classics 'piece by piece' first. When I master enough TCM knowledge, I can integrate it into clinical practice, which is based on both medical theory and observation," she says.

She is one of a growing number of foreign students of traditional medicine in China. Zhang Daliang, director of the Department of Higher Education of the Ministry of Education, says TCM is the most popular field of natural sciences for foreign students in China.

"TCM has been spread to 183 countries and regions. International education has played an important role in promoting TCM worldwide," says Zhang.

Chinese-American Chelsea Qi Xie is also a student at the International School of BUCM. She is an overseas Chinese and her mother is a pharmacist. She is studying TCM not only to learn about her cultural roots, but also because it is becoming more accepted in the US.

"Acupuncture is an alternative therapy with relatively few side effects. Acupuncture services are available in many big hospitals in the US, and registered acupuncture practitioners must pass formal exams. To my knowledge, there are around 20,000 registered acupuncturists in the state of California alone," Xie says.

The Beijing university has also established relations with 108 universities and research institutions in 30 countries and regions around the world, boosting the general recognition of TCM abroad.

The TCM master's program offered by BUCM and the University of Barcelona medical school since September 2016 is the first such program officially accredited by the European Union. Meanwhile, in collaboration with Canada's Kwantlen Polytechnic University, BUCM runs the first joint undergraduate degree program in North America.

In cooperation with foreign universities and institutions, it has also set up TCM centers in Russia, Australia, the US and elsewhere, creating integrated platforms for medical services, education and research.

BUCM president Xu Anlong says that although TCM is popular in many Western countries, more strategies are needed to put it into the international medicine system.

TCM centers have effectively cultivated practitioners around the world, Xu says. "But more importantly, the effectiveness of TCM has won recognition among local people. The center in Russia is very popular and I know some patients drive more than 10 hours to be treated there."

BUCM arranges up to 1,044 hours of clinical practice for undergraduate students, with a variety of experiences woven throughout the learning period.

Moy interned at The Third Affiliated Hospital of BUCM and the China-Japan Friendship Hospital during her undergraduate studies.

When Moy graduates, she plans to open an acupuncture clinic in Malaysia.

"I want more Malaysians to know the wonders of TCM and receive sound TCM medical services," she says.

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China Daily

April 28, 2015 Tuesday

**Hubei TCM school embraces 'One Belt, One Road' initiatives**

**BYLINE:** Liu Diangang and Mao Herong

**LENGTH:** 1054 words

China will expand cooperation on **traditional** **Chinese** **medicine** with the countries along the Silk Road in the future, according to the country's "One Belt, One Road" initiatives.

HUCM president Wang Hua (left) presents his book, Science of **Acupuncture** and Moxibustion, to the Thai Ministry of Health. [Photo provided to chinadaily.com.cn]

China will expand cooperation on **traditional** **Chinese** **medicine** with the countries along the Silk Road in the future, according to the country's "One Belt, One Road" initiatives.

Traditional Chinese Medicine (TCM) has been playing an active role in the prevention and treatment of epidemics, infectious diseases like AIDS, malaria, and medical assistance to foreign countries.

The Chinese TCM industry, especially the TCM schools including Hubei University of Chinese Medicine (HUCM), are responding actively in their own ways.

Latest Move

From April 4 to 9, at the invitation of KPJ Healthcare, the leading Malaysian private healthcare provider, a delegation headed by Chen Changhong, director of the International Exchange and Cooperation Department of HUCM visited Malaysia.

During the visit, agreement was made to jointly establish the Sino-Malaysian Center of Traditional Chinese Medicine by HUCM and concerned Malaysian medical institutions.

For HUCM, the Sino-Malaysian Center of Traditional Chinese Medicine is the first special project of international cooperation advocated by the Chinese government, approved by the State Administration of Traditional Chinese Medicine of PRC and supported by central government funds.

Malaysia is a tremendously significant spot on the 21st-Century Maritime Silk Road and a prominent country in the Association of Southeast Asian Nations (ASEAN), where Chinese Malaysians account for almost one third of the total population.

Traditional Chinese Medicine, especially acupuncture and moxibustion, TCM massage and bone-setting are extremely popular among Malaysians, especially among Chinese Malaysians.

Secretary of the Party Committee, Wang Zuoqiao discussing with officials from Association of Russian Universities how to carry out intercollegiate cooperation under the "One Belt and One Road" framework. [Photo provided to chinadaily.com.cn]

According to the cooperative arrangement, the center will be jointly established by HUCM and the Institute of Oriental Medicine of Malaysia in the first stage.

Based on this center, a few TCM medical departments will be founded under the leadership of KJP Healthcare, offering TCM medical and life nurturing services for the locals.

In the long run, HUCM and the Malaysian Ministry of Health will launch TCM academic certificate education and continuing education such as medical training of TCM when conditions are mature.

As Chen says, under the new strategy, establishment of the center will help popularize and spread Chinese medical culture, and the resulting collaborative projects will definitely execute a far-reaching influence on TCM to go global, and promote international exchange and cooperation between HUCM and concerned academic organizations in foreign countries, especially the ASEAN countries.

Meticulous Planning Ever since president Xi Jinping put forward the "One Belt, One Road" initiatives in 2013, leaders of HUCM have responded to it positively. In December, Wang Zuoqiao, Secretary of the Party Committee of HUCM, during a visit to Russia with the Hubei Delegation of Higher Education, had extensively discussed educational and academic cooperation with the Pushkin State Russian Language Institute and Saratov State Medical University under the framework of "One Belt, One Road" initiatives.

On March 26th, at the fifth Teachers' Congress, Wang Hua, president of HUCM, explicitly put forward in his annual Work Report that HUCM would participate in "One Belt, One Road" initiatives and seize the golden opportunity for the school's long-term development. Wang said that the university should expand collaborative areas with foreign universities and academic organizations under the strategy and steadily improve the intercollegiate cooperation to a new level. According to his report, in 2015 HUCM would improve its academic communication with the concerned universities especially those in Thailand, Britain, and Australia and strive for new cooperative programs in education.

He also declared that HUCM would help to establish the Confucius Institute in Canada, which will be the first Confucius Institute co-founded by HUCM and a foreign university.

An exterior of Hubei University of Chinese Medicine. [Photo provided to chinadaily.com.cn]

Solid Foundation

HUCM has previously carried out academic exchanges with more than 70 universities and academic organizations of the countries along the Silk Road and from other parts of the world. For HUCM, a solid foundation of international cooperation has been laid and a brand-new picture is just unfolding.

The university has been committed to offering international education for overseas students and education services for students from Hong Kong, Macao and Taiwan.

It started to recruit students out of the Chinese mainland in 1986 and has been dubbed the university with the largest number of exchange students in Hubei Province.

In 1993, it ranked among the first universities offering TCM, in which it trained overseas students and accepted Hong Kong students without an entrance examination. Currently, there are more than 500 exchange students from Hong Kong, Macao and Taiwan and other countries, especially Asian countries like India, Pakistan, Vietnam and Thailand.

The number of students under the education program jointly funded by China and foreign countries has amounted to nearly 300. HUCM has built good cooperative relations with many Asian, European and American universities.

In August, Karim Massimov, Prime Minister of Kazakhstan and his delegation paid a visit to Hubei province. During the visit, HUCM' specially-arranged medical team took full charge of the delegation's medical care and their superb medical skills and caring service were highly praised. The delegation claimed that they were willing to learn TCM from China and strengthen the bilateral cooperation in the field of traditional medicine in the next phase.

The authors are faculty members with School of Foreign Languages, Hubei University of Chinese Medicine.

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China Daily

March 23, 2019 Saturday

**Hungary for TCM experience**

**BYLINE:** Tian Xuefei and Zhou Huiying in Harbin

**LENGTH:** 840 words

Every day in the 100-square-meter **acupuncture** clinic, Ivan Susanszky appears quite busy with his patients.

Recording duration, observing the patients and pulling out needles, he is always walking around the clinic, almost without rest.

Susanszky, 42, an overseas college student from Hungary, is now an intern at the First Affiliated Hospital with the Heilongjiang University of **Chinese** **Medicine** in Harbin, capital of Northeast China's Heilongjiang province.

Although it's not his first time studying at university, Susanszky is still eagerly looking forward to the coming summer, when he will obtain his bachelor's degree in **Traditional** **Chinese** **Medicine,** with a major in **acupuncture** and tuina (massage).

He started learning traditional Chinese medicine in 2013, taking part in a course conducted by the university in his hometown of Budapest.

Students of the program study four years there, then they travel to Harbin to complete their training with a one-year clinical practice.

"I became familiar with TCM as early as 20 years ago," he says. "At that time, a good friend of mine studied tai chi with an experienced TCM doctor from China. He often told me interesting stories about what he had learned from him. "Since I participate in a couple of full contact sports, I often suffer from sports injuries and my friend advised me to try a couple of TCM rehabilitation methods," he adds, noting: "It really relieved my pain, and helped with other, not necessarily sports related, issues as well."

However, it was not until 2012 that he started thinking about delving deeper into TCM.

"Up until that time I was working as a journalist, or rather, a critic, but I got pretty bored with it, and since my interest had shifted toward sports medicine, physical therapy and diet coaching, I decided to change profession. Getting a TCM degree seemed like the reasonable thing to do."

He started to learn Chinese at a local language training school as the first step.

"Due to TCM being a part of the traditional Chinese cultural heritage, I thought learning Chinese was an absolute necessity," he explains. "As it later turned out, having learned Chinese a year before starting the university program was the single best decision I could have made. It gave me such an advantage that nothing else could have."

However, despite his language proficiency, Susanszky admitted that studying TCM is not easy for him and some other foreigners.

Susanszky doesn't remember how many thin needles he inserted into himself during the process of learning acupuncture.

"I think everyone learning acupuncture first practices on themselves, then on some friends and family - which in my case was my 86-year-old grandma, who, like a lot of the elderly in Hungary, suffers from all sorts of musculoskeletal problems, like arthritis, scapulohumeral periarthritis and slipped discs," he says.

"The illnesses have caused her difficulty with walking and surgery didn't seem to be the best solution for her. Mainly because of her age," he notes, "so, since she didn't have anything to lose, really, and she's quite an adventurous type, we decided to give her some TCM treatment, including acupuncture, tuina and moxibustion, which involves burning dried mugwort on strategic points of the body.

"In Hungary we usually conduct treatments in 10 sets, so we did that, and her condition improved pretty quickly. She can walk without pain and is able to work in the garden," he reports.

In 2017, Susanszky had the opportunity to get a one-year internship at the Affiliated Hospital with the Nanjing University of Chinese Medicine in Jiangsu province.

"It was quite a precious experience, even if it meant that I graduated a year behind my classmates," he says. "Getting as much clinical experience before starting one's own practice is an absolute necessity. In a Chinese hospital, due to the vast number of patients, I got the chance to see and learn a lot of things and gain practical experience that otherwise would not be possible."

"Ivan is really one of the hardest-working students that I have ever met," says Zhao Jun, head of the clinic. "He always listens carefully when I treat patients and sometimes writes down what he has learned.

"He became familiar with the working procedure in less than one month and has been warmly welcomed by the patients because of his professional performance as well as his gracious bedside manner," she says, adding, "once he quoted a passage from the Chinese medical classic Huangdi Neijing (Inner Canon of the Yellow Emperor) to a patient who suffered from insomnia, which greatly surprised me, as well as all the patients in the clinic."

Susanszky hopes that he will get more clinical opportunities and experience of employing his newfound skills in different regions of China, concluding: "The valuable experience will better prepare me for fulfilling my dream of opening my own clinic back home in Budapest."

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(China Daily 03/23/2019 page13)

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China Daily

September 27, 2017 Wednesday

**Acupuncture hospital returns to health, reviving techniques of 'needle master'**

**BYLINE:** Sun Ruisheng and Li Yang in Yuncheng, Shanxi

**LENGTH:** 631 words

A tiny **acupuncture** hospital in Yuncheng, Shanxi province, almost escapes notice in a shady yard next to a bustling street market.

In the late 1970s, Jiao Shunfa, the hospital's former head, invented a method of scalp **acupuncture** to treat diseases of the brain and nerves. He had secretly studied classics of **traditional Chinese medicine** for nearly 10 years during the "cultural revolution" (1966-76).

Jiao was acclaimed as a "needle master" after he was said to have cured hundreds of patients at home and abroad. In 1986, his scalp **acupuncture** technique was recognized as a breakthrough in TCM by China's Ministry of Health.

Jiao had organized 56 training sessions by the early 1990s, mostly in the four-story hospital building. At least 1,000 doctors from about 50 countries had attended his classes.

But the hospital's profitability declined dramatically after Jiao retired in the late 1990s. Doctors attribute the decline to competition from Western medicine, as well as the poor management.

Xue Xiaomo, former head nurse at the hospital, said the decline was almost predictable.

"Jiao is a brand. The leading practitioner's reputation is the most important asset of the hospital. People just believe in him," Xue said.

Four years ago, the local government brought in Zhao Jiwei, a veteran neurologist, to revive the dying clinic.

"When I came here, wild grass had overgrown the yard. Almost all the doctors had quit," Zhao said.

But some foreign patients occasionally came for treatment after hearing Jiao's story, which strengthened Zhao's confidence that the hospital could be saved. He decided to focus the hospital on the treatment of cerebral palsy in children, while the neurology department would become the main breadwinner. He used his connections in the field to invite capable doctors.

Zhao borrowed money from friends while applying for government funding. The hospital was renovated and new equipment was purchased. He invited some of the old scalp acupuncture practitioners to come back.

Zhao spends most of the profits arranging further education and training for doctors and nurses.

Yang Xiao, deputy director of the hospital, said the expense is well worth it, as improvement in staff quality lays a solid foundation for increased revenues.

"That's why we can regain the trust of the foreign patients in a short time," Yang said.

B. Kurbanov, a 28-year-old Russian TCM practitioner, has played a key role in introducing 600 to 700 patients - mainly children suffering from cerebral palsy, from Russia, Central Asia and East Europe - to the hospital since 2013.

Fluent in Chinese, Kurbanov studied at Shanxi University of Chinese Medicine for five years and later became a TCM practitioner at a hospital in Yuncheng in 2011, where he learned scalp acupuncture techniques from Jiao's disciples, even though the hospital was in virtual bankruptcy.

After Zhao's arrival, Kurbanov easily joined in his efforts to revive it. Currently, there are 24 foreign children receiving cerebral palsy treatment in the hospital. And there are dozens of other foreign patients waiting to be admitted.

A father from Russia who has brought his 13-year-old son to the hospital eight times said: "There is acupuncture, massage, medicated baths and other kinds of physical therapy. The comprehensive use of these methods is effective. In Russia, one place usually has only one treatment method, and we have to travel from place to place for others. It is not convenient."

Zhao observed: "It is actually the value of TCM that attracts these foreign patients."

He added that the government should pay attention to protecting TCM - with top-level design and a development plan - as it deserves a place in ongoing medical reforms.

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China Daily

November 22, 2014 Saturday

**Go on a traditional medicine tour**

**BYLINE:** Yang Feiyue

**LENGTH:** 1210 words

The Chinese have explored health and longevity since ancient times, giving rise to a well-developed health- care, or **traditional** **Chinese** **medicine,** system.

Travel packages highlight TCM treatment across China.

The Chinese have explored health and longevity since ancient times, giving rise to a well-developed health- care, or **traditional** **Chinese** **medicine,** system.

With a history of more than 2,000 years, TCM covers herbal medicine, **acupuncture,** therapeutic massage, deep-breathing exercises and dietary therapy.

A doctor feels the pulse on a foreign patient visiting Shanghai Hongkang Hospital. TCM travel tours have been developed across China to cater to tourists' needs for healthcare. Provided to China Daily

Now, TCM travel tours have been developed across China to cater to tourist's healthcare needs. Some travel agencies have even rolled out custom-made TCM trips for customers.

"We have optional choices for tourists, and so far the TCM massages and health checks are among the most popular," says Shen Chen, manager of the high-end custom service department at China Comfort Travel Group Co.

Some tourists have also offered positive feedback on the TCM diets provided along the trips, which aim to restore the balance in the human body, according to Shen.

China has diverse TCM resources. Heilongjiang province has attracted many Russian tourists for its TCM services, while Jilin and Liaoning provinces have welcomed travelers from Japan, South Korea and Eastern Europe, who come for the medical care and to buy ginseng, says Huang Jianyin, deputy secretary-general of the World Federation of Chinese Medicine Societies.

The Inner Mongolia autonomous region is actively engaged in local TCM service-trade projects, and Hainan's Sanya has drawn a large number of tourists with its sun and sea and fresh air - and TCM, according to Huang.

Metropolises such as Beijing, Shanghai and Nanjing have carried out TCM education, training and cultural exchanges to boost TCM travels.

But popularizing TCM travel among foreign tourists will likely remain a long-term effort.

Most foreign tourists are likely to choose TCM travel routes only if they have extra time in their schedules, after visiting famous sightseeing spots such as the Forbidden City, says Duan Yili from China Comfort Travel.

"Those from TCM research institutes or doctors who are interested in TCM may make special trips to check out TCM in China," he says.

The lack of interest in TCM among foreigners may be because they understand little of it, according to Zhang Yi, a senior manager at the China CYTS Tours Holding Co.

Still, the rich TCM resources have prompted government and travel agencies to launch specially designed routes that mix traditional Chinese medical therapy with conventional sightseeing.

Beijing

Home to imperial hospitals from the Yuan, Ming and Qing dynasties (1271-1911), Beijing boasts abundant TCM resources. The capital city has already launched several itineraries that range from one to five days, combining traditional ways of maintaining health, including traditional Chinese medicine, with trips to popular tourist attractions.

The following are one-day trips available from travel agencies:

1. The Forbidden City-Beijing Pingxintang TCM Clinic: The Forbidden City's layout reflects the balance between yin and yang, two basic life elements in TCM. The imposing and majestic outer palaces blend well with the dainty and exquisite inner ones. Visitors can appreciate harmony among materials in the physical world and be introduced to the essence of the traditional Chinese healthcare culture.

Pingxintang TCM Clinic offers guests TCM lectures given by well-known experts, as well as TCM massages. Visitors can get an insight into TCM culture and experience the effect from treatment.

2. Temple of Heaven-Summer Palace-Institute of Medicinal Plant Development-Beijing opera: Visitors can practice tai chi at the Temple of Heaven, take in the picturesque landscape scenery at the Summer Palace, enjoy herbal cuisine at the Institute of Medicinal Plant Development and watch a Peking Opera performance.

3. Lama Temple-Confucius Temple-Dongzhimen Hospital-Wangfujing Street: Travelers are introduced to Buddhism and Confucianism at the Lama and Confucius temples, respectively, and can learn about the history and philosophy of TCM and get a one-hour TCM massage. If time permits, visitors can undergo a physical examination conducted by TCM doctors at the Dongzhimen Hospital. During the evening, travelers can savor local specialties and enjoy Beijing's night views on Wangfujing Street.

4. Mutianyu Great Wall-Ditan Park Healthcare Culture Garden: A tour to the Mutianyu Great Wall and an eight-section ancient fitness exercise at Ditan Park will work up a visitor's appetite. Afterward, visitors can tour the park's healthcare culture garden and enjoy a healthcare dinner and a kung fu show at night.

Hangzhou

Healthcare tourism has also come of age in Hangzhou, which abounds with famous pharmaceutical enterprises. The city's landscape blends with TCM concepts and showcases the city's culture, according to Li Hong, director of the Hangzhou tourism committee.

1. Guangxingtang TCM Clinic-Rose Garden: Tourists can listen to TCM lectures and savor herbal cuisines at Guangxingtang TCM Clinic and then go sightseeing at the Rose Garden.

2. Sunday Sunny Resort: Visitors can enjoy towering trees, green grass and fresh air at the resort, and learn to identify Chinese herbal medicines.

3. Fanghuichuntang TCM Clinic-Huqingyutang Clinic: Visitors can visit the two time-honored TCM clinics and experience TCM foot massage.

Qinghai

Cool temperatures during summer make Qinghai province an ideal destination for visitors to avoid the heat elsewhere. The high altitude also endows the province with clean water and grasslands, as well as a healthy ecology.

The Duoba national sports training base in Qinghai sits 2,366 meters above sea level and has been a cradle of world champions. Experts believe that proper exercise at high altitudes can improve blood circulation, body strength and hypoxia resistance, as well as slow the aging process.

Visitors can do exercises at picturesque scenic spots across Qinghai and enjoy the wholesome plateau climate.

Guangxi

Bama Yao autonomous county is famous for the longevity of its residents. The county boasts abundant negative oxygen ions in the air, water that abounds in minerals and microelements, and a strong magnetic field reputed to help restore the body's balance.

Visitors can enjoy the unique natural environment and longevity culture, and choose one of the following tourism routes:

1. Baimo Cave-Bainiao Rock-Ponatun-Renshouyuan-Longevity Museum

2. Longevity Museum-Renshouyuan-Life River-Bama Crystal Palace-Ponatun

Hubei

The Wudang Mountains in Hubei province are known as a natural pharmacy and a Taoist holy land.

Multiple travel routes have been developed for tourists and feature mountain hiking, prayer, martial arts performances, static exercises and healthcare lectures.

Tourists can see primitive forests from on high, enjoy the Danjiangkou Reservoir and appreciate Taoist practices at various ancient temples and the Wudang Museum. Some travel routes have also been designed for tourists to learn kung fu.

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China Daily

July 27, 2016 Wednesday

**Healthy prospects for manufacturer of intelligent massage chairs**

**BYLINE:** Yang Ziman and Hu Meidong

**LENGTH:** 619 words

Intelligent massage appliances incorporated with **traditional** **Chinese** **medicine** practices have great potential in the Chinese market as awareness of a healthy lifestyle grows.

Intelligent massage appliances incorporated with **traditional** **Chinese** **medicine** practices have great potential in the Chinese market as awareness of a healthy lifestyle grows, said the top executive of the only listed massage product manufacturer in China.

"We are developing massage chairs that can exert pressure on specific **acupuncture** points on the human body to help the users relax more deeply," said Zou Jianhan, chairman of Xiamen Comfort Science & Technology (Group) Co Ltd in Fujian province.

"The health data of the users will be transferred to a central digital cloud to be analyzed by physicians who will then come up with customized health plans."

According to Zou, his company plans to develop a more sophisticated model of massage chair that mimics the technique of the top 100 masseurs in China so that the customers will have a wider range of options to find the one that relaxes their tension the best.

Founded in 1996, Comfort has a high-end portfolio encompassing massage, air purification, physical examination and beauty apparatus. It went public on the Shenzhen Stock Exchange in 2011.

Zou said that his firm is still cultivating the customer base in China for massage chairs, the company's main product.

"Massage chairs are not a necessity in people's lives in China. Priced at 20,000 yuan ($2,990) to 30,000 yuan per unit, many find them too expensive. Therefore, we have created a rental scheme where the customers pay service fees every month," he said.

The latest model of the company's massage chair is able to recognize the accurate acupuncture points on the customer, show them on a TV screen, and explain the function of each point as it is being massaged, said He Zhongchun, director of the Ogawa health service project department of the group.

"As the data of the customer are uploaded to the cloud, our physicians will analyze them and offer suggestions for diet, rest and other aspects of his or her life that can be made healthier," said He.

The chair is able to respond to the human voice, just like a robot that answers to the orders spoken by its master, said He.

Comfort has also been exporting to North America, Europe and Asian countries. It acquired Ogawa (Healthy World Lifestyle Sdn Bhd) in 2014, a listed Malaysian health equipment company. In December 2015, the company acquired 75 percent of Medisana AG, a German home healthcare product provider that manufactures blood pressure monitors, personal scales and aroma diffusers.

The key competitive edge of the group is its research and development capacity, said Zou.

"Massage products come in different types and are updated quickly. For instance, one massage chair has 2,000 parts. We cast all the modules. But it's worth it. Copycat products pop up quickly but we always take the lead in designing new products," said Zuo.

The company posted 59 million yuan in net profits in 2015, up 6.80 percent year-on-year.

According to a report by the China Medical Device Information Network, an information platform supervised by the China Food and Drug Administration, family healthcare devices, which have become very popular overseas, are still catching up in China.

The report showed that the market value of family healthcare devices in China grew from 13.8 billion yuan in 2010 to 37.6 billion yuan in 2014. The compound annual growth rate is 29.8 percent, compared with 7.26 percent in the pharmaceutical industry and 11.7 percent in the medical device industry.

The market value of massage devices in China will reach 24.2 billion yuan by 2020, said the report.

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China Daily

August 3, 2015 Monday

**Acupuncture pricks the imagination of Russian students**

**BYLINE:** Huang Zhiling

**LENGTH:** 484 words

Russian university students experienced having **acupuncture** needles put in their arms by **traditional** **Chinese** **medicine** (TCM) practitioners.

A Russian student with an **acupuncture** needle in her right arm. [Photo by Huang Zhiling/chinadaily.com.cn]

Russian university students experienced having acupuncture needles put in their arms by traditional Chinese medicine (TCM) practitioners.

"It is relaxing and I feel warm," said a smiling female student while looking at a needle in her right arm.

The scenario was in a meeting room in the library of the Chengdu University of TCM in Chengdu, capital of Southwest China's Sichuan province, on Sunday.

After two TCM professors gave an introduction to TCM and acupuncture, the students asked lots of questions and tried acupuncture for themselves.

"They asked if TCM was effective in combating cancer, treating migraine headache and keeping people fit. A few expressed their willingness to study TCM in the future," said Liao Wan, an official with the Chengdu University of TCM.

The 90-plus students are among 341 Chinese and Russians from the upper and middle reaches of the Yangtze River in China and 14 republics and states along the Volga in the Russian Federation. They are attending a 12-day youth forum which ends on Saturday.

The students, split into seven groups, are attending activities at seven institutes of higher learning in Sichuan.

They attend lectures on Chinese and Sichuan culture, have informal discussions, visit sights of historical and cultural importance in the province and learn how to cook Sichuan dishes, according to Zhou Hai, an official from the provincial department of education.

Organized by the Chinese foreign ministry and Sichuan provincial departments of education and foreign and overseas Chinese affairs, the forum will be visited by State Councilor Yang Jiechi who will meet the youths on Friday.

One day before the lectures in Chengdu, an activity called the Russia Day was held at the Southwestern University of Finance and Economics in the western suburbs of Chengdu.

Russian handicrafts were on display outside the university's Student Activities Center where students gave song and dance performances for more than two hours.

"I and some Chinese participants knew little about Russia. Now we know Russia doesn't mean Moscow and Siberia only. It has many republics and states with equally rich cultural heritage," said Shen Zhuo, a 21-year-old law student from the Zhongnan University of Economics and Law in Wuhan, Central China's Hubei province.

Russian students attend a lecture on TCM. [Photo by Huang Zhiling/chinadaily.com.cn]

A Russian student makes a handicraft during the Russia Day activity. [Photo byHuang Zhiling/chinadaily.com.cn]

Russian students perform a dance during a Russia Day activity. [Photo by Huang Zhiling/chinadaily.com.cn]

Russian students ask questions about TCM. [Photo by Huang Zhiling/www.chinadaily.com .cn]

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China Daily

January 20, 2017 Friday

**Wikipedia called irresponsible on acupuncture**

**BYLINE:** SHAN JUAN

**LENGTH:** 491 words

A top practitioner of **traditional** **Chinese** **medicine** has called Wikipedia irresponsible over its entry on **acupuncture**, which calls the practice "pseudoscience".

**Acupuncture** is not based on widely accepted scientific knowledge, according to the English version of the free online encyclopedia, which also says that TCM in general is "fraught with pseudoscience".

But Li Zhenji, vice-chairman of the World Federation of Chinese Medicine Societies, countered that the "efficacy of acupuncture has been proved by history and is widely practiced in China and abroad".

"It's irresponsible to list the medical technique as pseudoscience," he added.

Statistics from the World Health Organization show acupuncture has been practiced in 103 countries besides China. In 18 of them, Li said, acupuncture treatments are covered by health insurance, which he said is a recognition of its efficacy.

Liu Baoyan, head of the World Federation of Acupuncture-Moxibustion Societies, said the Wikipedia entry "won't hurt people's confidence, with its efficacy proved already over time, but it could serve as a reminder for us to conduct more clinical studies on its therapeutic effects".

TCM is largely experience-based, he said, adding that its therapies, such as acupuncture, lack the lab-based evidence that is crucial in Western medicine.

"TCM should catch up in that sense, presenting itself with an approach more acceptable to the outside world," he said, urging the Chinese government to invest more in scientific research and studies of the ancient medical science.

The WHO said via an e-mail to China Daily that its objectives regarding TCM are to build the knowledge base, strengthen national regulatory systems and promote universal health coverage by integrating traditional and complementary medicines into healthcare services.

Li called on Wikipedia, based on user-edited content, to make immediate changes to its article on acupuncture.

Previously, TCM supporters from China and other regions petitioned the Wikimedia Foundation, which operates the website, but a spokeswoman told Legal Evening News last week that Wikipedia content is contributed and edited by users after certain procedures, including verification.

She said the foundation would follow the issue closely but couldn't make any changes itself.

On Wednesday, President Xi Jinping presented a bronze copy of an acupuncture statue to Margaret Chan, the WHO director-general, as a gift during a visit to the headquarters of the UN health agency in Geneva, Switzerland.

The copy features more than 600 acupuncture points.

According to Liu, the first such copy was reportedly made during the Song Dynasty (960-1279) as a testing tool for students. Acupuncture points were covered by wax in the test. If a student correctly inserted a needle into the points, mercury that was infused beforehand would spill out.

Chan has urged the Chinese government to promote acupuncture and TCM worldwide to benefit more people.

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China Daily

May 31, 2017 Wednesday

**TCM's popularity growing abroad**

**BYLINE:** Cang Wei

**LENGTH:** 656 words

Leading **Chinese** **medicine** university responsible for the treatment's global appeal, Cang Wei reports from Nanjing.

Li Ying, a doctor from Nanjing University of **Chinese** **Medicine,** poses with her patient and her child in Switzerland. She treated the previously infertile woman with **acupuncture** for a year. [Photo provided to China Daily]

Nanjing University of **Chinese** **Medicine** is cooperating with foreign institutions and training students to share **traditional** **Chinese** **medicine**[#xff0d]one of the world's most ancient therapies[#xff0d]with the world.

According to university president Hu Gang, more than 26,000 foreign students from about 90 countries and regions have majored and trained in traditional Chinese medicine since 1957.

"We have established traditional Chinese medicine centers in countries such as Australia, Switzerland and France," says Hu. "It has gradually changed local people's opinion about TCM and more people are willing to accept it."

Huang Guicheng, vice-president of the university, says that more than 10 countries have legally recognized TCM and more foreigners now use TCM.

"We have cooperated with a German medical center for 18 years," he says.

"Local people visit the center and seek TCM treatments."

He says TCM also can treat post-traumatic stress, which may lead to mental illness and insomnia.

A local doctor, who received TCM training at the Nanjing university in 2008, gave the refugee children in Munich the medicine that they later called "magical tea".

"Many foreign hospitals even use acupuncture in surgeries," he says.

Huang says that TCM is popular due to its effectiveness and minimal side effects.

"We have received invitations from many foreign institutions to co-found TCM research centers in their countries," says Huang.

Pulse diagnosis is one of the first steps of traditional Chinese therapy. The age-old method is now being embraced by more foreigners. [Photo provided to China Daily]

In March, the university signed a memorandum of understanding with Royal Melbourne Institute of Technology University in Australia to boost cooperation on TCM.

"The signing of the memorandum ... provides both Chinese and Australian people an opportunity to share the benefits of Chinese medicine," Hu says.

Liu Nongyu, a professor with the university, worked in Mexico for two years and Hong Kong for 10 years.

He helped to develop the School of Chinese Medicine in the University of Hong Kong, where he gave acupuncture lessons.

"Many local people lacked knowledge about traditional Chinese medicine when Hong Kong returned to China in 1997. But after 20 years of development, most public hospitals in Hong Kong now have specialized TCM departments," Liu says.

Founded in 1954, Nanjing University of Chinese Medicine has been renowned as "the cradle of China's higher education in traditional Chinese medicine".

It trained the first batch of modern teachers, compiled the first edition of textbooks, and helped cultivate the earliest academicians in TCM, after the founding of New China.

It is also one of the first Chinese medicine institutions authorized by the Ministry of Education to enroll international students, where they learn acupuncture, Chinese herbal medicine, cupping therapy and classical prescription.

Now, many professors and teachers from the university are working as visiting professors in universities and Confucius Institutes overseas to spread TCM.

However, Hu says that many difficulties need to be resolved to better spread TCM, including overcoming language barriers and improving textbooks.

"We don't have too many teachers who can give lessons in English. So, we are cooperating with institutions in Hong Kong and Taiwan, where bilingual professionals are easier to find, to resolve the language problem."

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China Daily

January 18, 2017 Wednesday

**TCM practitioners hit out at Wikipedia entry on acupuncture**

**BYLINE:** Shan Juan

**LENGTH:** 295 words

**Traditional Chinese medicine** practitioners have denounced the free online encyclopedia Wikipedia as irresponsible for branding **acupuncture** as a pseudoscience and its benefits as a placebo.

Acupuncture and TCM in general, according to its entry on Wikipedia English, are "fraught with pseudoscience" and not based on "widely accepted" scientific knowledge.

"The efficacy of acupuncture has been proven by history and it has been widely practiced in China and abroad," said Li Zhenji, vice-chairman of the World Federation of Chinese Medicine Societies.

"It's irresponsible to list the medical technique as pseudoscience."

Statistics from the World Health Organization show that acupuncture has been practiced globally in 103 countries besides China.

In 18 of them acupuncture is also covered under their health insurance schemes, which demonstrates recognition of its efficacy, said Li.

Margaret Chan, WHO director-general, has urged the Chinese government to promote acupuncture and TCM worldwide.

She made the remarks while visiting the Medical History Museum of the Chinese Medical Association in Shanghai in November.

Li urged Wikipedia, which is based on user-edited content, to make immediate changes to its article on acupuncture.

TCM supporters have petitioned the Wikimedia Foundation, which operate the website, but a spokeswoman told the Beijing-based Legal Evening News that Wikipedia content is contributed to and edited by users.

She said the foundation would follow the issue closely but couldn't make any changes itself.

Liu Naigang, a veteran acupuncturist of the China-Japan Friendship Hospital, said the Wikipedia entry "won't change people's perceptions of acupuncture, particularly in China".

Each day, he receive nearly 30 patients seeking the therapy, he said.

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China Daily

November 3, 2017 Friday

**TCM student creates an acupuncture robot**

**BYLINE:** Cang Wei in Nanjing

**LENGTH:** 329 words

A college student in Nanjing, Jiangsu province, has designed a robot that he says can perform **acupuncture**.

Xu Tiancheng, a postgraduate student at Nanjing University of **Traditional Chinese Medicine,** said he was inspired by Baymax, the healthcare robot from the hit animated movie Big Hero 6. He said his robot can treat several ailments, including insomnia, stomachache and muscle fatigue.

"My father is an acupuncturist, and I noticed in his clinic that the most diligent acupuncturist can only treat about 100 patients a day," Xu said. "Robots can free practitioners from exhaustive, repetitive labor so they can focus on designing better treatment plans."

He said that although people have different body shapes, the acupoints - the right positions to perform acupuncture - are all in the same places on the human body.

"For example," Xu said, "one frequently used acupoint is the hegu, between the first and second dorsal metacarpal bones. To be exact, it is in the midpoint of the radial part of the second metacarpal bone, regardless of different body shapes. We only need to set up an accurate model for the robots to find the right acupoints."

Xu said his robot can measure a person's height and subcutaneous fat before calculating where and how deep to insert the needle. It also has ultrasonic sensors on its "hands" to prevent the needle going too deep.

"With the help of built-in sensors, the robot can also calculate muscle tension to avoid excessive pain for the patient," he said. "We have also designed 27,000 acupuncture treatments for the robot to perform."

Xu conceded that robots cannot be trusted with crucial parts of the body, such as the head, neck and waist.

More experiments are required before the robot can be used clinically, he said, but he added that several enterprises have already been in contact about collaborating.

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(China Daily 11/03/2017 page5)

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China Daily

March 20, 2019 Wednesday

**Sanya opens TCM training course for foreigners**

**BYLINE:** Ma Zhiping in Haikou

**LENGTH:** 650 words

Sanya Hospital of **Traditional** **Chinese** **Medicine** has opened a TCM training course for foreigners, aiming to serve more people overseas and promote TCM culture.

"Since March 4 the first group of seven students from Russian-speaking areas have been studying TCM theory," said Zhang Wei, vice-president of the Sanya hospital, a national demonstration base for medical tourism and a national education base for TCM culture.

During the one-month course, they will learn basic techniques in Chinese massage, **cupping** and scraping for 20 common chronic diseases.

"Traditional Chinese medicine is very popular in my country. I hope to learn Chinese massage and bring it back to serve more patients," said Sakharava Valiantsina from Belarus. She has been working as a masseuse at a health center in Russia and came to Sanya, on the southern tip of Hainan Island, after learning about the training course.

"In our Russian-speaking areas, Oriental medicine, especially Chinese medicine, is very popular. I am very interested in Chinese massage," Valiantsina was quoted by Hainan Daily as saying.

"One trainee was a sports rehabilitation specialist while the others are hospital staff. All of them are over 30 and have strong interest in traditional Chinese medicine," said Tang Yi, director of the hospital's special-feature treatment department, which is running the training program.

"I like this kind of learning model, which combines theory with practice. Every night, we recite the acupoints and meridians. We massage each other and review the knowledge learned during the day together," said Grezeva Anna, adding that she has learned a lot from the course, which costs 10,000 yuan for each trainee.

Tang said that from Monday to Friday, there are two hours of theoretical lessons and watching videos in the morning, and one and a half hours for practical exercises in the afternoon. The students need to learn Chinese massage, scraping and cupping for 20 common chronic diseases and sports injuries, such as pain and stiffness in the neck, inflamed shoulder joints, and back sprains and strains.

"The training project will first recruit students from Russian-speaking areas where traditional Chinese medicine is better accepted. Through short-term training, we will help them master the basic theory of traditional Chinese medicine and simple manipulation skills so they can offer more treatment options for local patients after returning home," said Zhang, the vice-president.

"The hospital will develop a richer curriculum to train more international Chinese medicine talent from countries participating in the Belt and Road Initiative. Through this project, we hope to enhance the popularity of Chinese traditional culture."

Tang has been impressed by the trainees' seriousness. Preparation for the second training course is underway and may open in May or sometime later, depending on when those interested in the program can get their visas, Tang said.

The hospital received 12,359 foreign visitors last year and brought in revenue of 4.54 million yuan ($667,000) from them alone.

While indulging in the sunshine, golden beaches and the tropical features of Sanya, more overseas tourists are visiting with a special purpose - the perceived benefits of TCM.

Around 70,000 foreigners, mostly from Russian-speaking countries and northern Europe, with some from Canada, the United States, Turkey and Iran, have received high-end tailored TCM therapies in Sanya that eased or cured their illnesses since the healthcare tourism effort began in 2002, the hospital said.

In 2014, Hainan was designated as a State pioneering region for TCM service innovation, and in 2017 the tropical island was projected to grow as a national TCM service trade and healthcare tourism demonstration zone.

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(China Daily 03/20/2019 page5)

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China Daily

August 12, 2017 Saturday

**TCM therapy offers much food for thought**

**BYLINE:** Zhu Yuan

**LENGTH:** 635 words

I started applying small amounts of medicinal paste on several **acupuncture** points on my chest and back from day one of the first 10 hottest days of the lunar calendar. The paste is supposed to help cure some chronic diseases if you apply it on the exact **acupuncture** points during the first, second and third hottest periods, each of which usually lasts for 10 days, from July to early August.

I have no idea whether it works or not. Yet I respect the philosophy of **traditional Chinese medicine,** which sees the human body as a whole system, and considers the unrestricted flow of both blood and qi (the invisible but vital force inherent in all things) throughout the body vital to a person's health.

Based on the relationship between the flow of blood and qi in a person's body and his or her health, TCM insists that an illness should never be considered a disorder of a specific part or organ but a disorder of the whole system. Being holistic in nature, TCM works to fix the dysfunctional operation of a person's system even as it treats a specific problem.

The medicinal paste, a mixture of several ground herbs, I am using is supposed to help rid patients of respiratory diseases that "hibernate" in the summer and afflict them in the winter. According to TCM philosophy, some diseases that flare up in the winter can be cured with herbal medicines in the summer and vice-versa, and therefore it is easier to treat people's "inner cold" and cultivate their vital energy in the summer so that they can better resist winter-related ailments.

I don't buy some quacks' claims of TCM therapies having miraculous effects. Yet the holistic philosophy of TCM can be extended to other diseases afflicting humankind. Popping a pill to cure a headache, as a Chinese saying goes, is to treat a symptom without trying to find the real disease. For example, every case of corruption is a symptom of a graver illness and should be aggressively treated. But while using one set of medicines to treat the symptom, the doctors should detect the cause of the symptom (that is, the real disease) and use more powerful medicines to cure it.

The number of corrupt officials serving sentences and the amount of money recovered from them are unprecedented. But successfully plugging the loopholes in the administrative and economic systems, which are exploited by some to make illegal profits, would be a far greater achievement. And for that, we first have to find those loopholes, using methods similar to those employed by TCM practitioners to clinically diagnose a patient's illness.

Governance, rather good governance, is a term officials at all levels frequently use when talking about realizing the Chinese Dream of national rejuvenation. For good governance, too, TCM philosophy can be of great importance. An official's governance capability will greatly improve if he or she approaches the problems in the same way a TCM practitioner diagnoses a physical ailment.

Organizing interviews or surveys to find out what people feel about the policies that have been implemented is similar to a TCM doctor feeling a patient's pulse and checking the tongue to diagnose an ailment. Only by finding out whether or not some policies have compromised the quality of people's lives can the policymakers identify the root of a problem and take measures to solve it.

Making and implementing policies to only deal with a specific ailment, physical or otherwise, without bothering to identify its root cause and treating it properly is like popping a pill to cure a headache without knowing what actually has caused it. The headache will keep returning to nag the person until he or she resorts to holistic treatment to cure the real illness.

The author is a senior writer with China Daily. zhuyuan@chinadaily.com.cn

(China Daily 08/12/2017 page5)

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China Daily

June 2, 2014 Monday

**Beijing fair helps TCM go global**

**BYLINE:** Song JIngli

**LENGTH:** 68 words

A staggering $27m worth of deals were inked at a high-profile event to raise international awareness about the benefits of **traditional Chinese medicine.**

Ma Liangxiao, a PhD of the School of **Acupuncture**-Moxibustion & Tuina of Beijing University of **Chinese Medicine** introduced a form of acupressure to relieve insomnia on a bilingual TCM health lecture on May 30 in Beijing. [Photo by Song Jingli/chinadaily.com.cn]

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China Daily

February 12, 2014 Wednesday

**At a glance**

**LENGTH:** 140 words

Traditional massage, herbs, **acupuncture**, moxibustion and food therapy are the fundamental elements of **traditional** **Chinese medicine.**

Pediatrics is one of the oldest specialties within TCM, which - rather than focusing on symptoms - treats each child as an individual by balancing the disharmony within the body and stimulating the body's natural ability to heal.

TCM pediatric massage is most effective with digestive, nervous and respiratory system conditions in children, such as colds, coughs, low appetite, frequent waking up from sleep, asthma, colic, vomiting, diarrhea, indigestion and stomach aches.

Nieji, literally kneading the spine, is a special branch of TCM pediatric massage, which focuses on acupuncture points mostly alongside the spine, and has great effect on nervous and digestive system diseases.

(China Daily 02/12/2014 page22)

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China Daily

November 24, 2016 Thursday

**Chinese medical treatments helping delegates to unwind**

**BYLINE:** Shan Juan

**LENGTH:** 438 words

An exhibition promoting **traditional** **Chinese** **medicine** at the Ninth Global Conference on Health Promotion has encouraged delegates from overseas to experience massage or **acupuncture**, or to undergo a TCM theory-based health evaluation, all of which are free of charge.

Li Zhengyu, a professor from Shanghai University of Traditional Chinese Medicine, massages representative Jaffar Hussain Syed at the Ninth Global Conference on Health Promotion in Shanghai on Monday.[Photo by Gao Erqiang / China Daily]

An exhibition promoting traditional Chinese medicine at the Ninth Global Conference on Health Promotion has encouraged delegates from overseas to experience massage or acupuncture, or to undergo a TCM theory-based health evaluation, all of which are free of charge.

Such services have been provided by four English-speaking therapists from 9 am to 6 pm every day during the four-day conference, according to Shang Li, one of the therapists and director of Shanghai TCM International Trade in Service Promotion Center, which is hosting the exhibition.

"It provides an effective platform to promote TCM culture and practices to the world, and there is huge business potential for the TCM service industry abroad," Shang said.

In addition to massage and acupuncture, visitors can also take an on-site overall health evaluation based on TCM theory simply by inserting their hand into machine and remaining still for five minutes.

"The machine works by taking the user's pulse and it produces a health report 10 minutes after the user removes their hand," Suzanne Jackson, associate professor at the University of Toronto, said after she had just taken the test.

The report will show her overall health condition, emotional state and risk level for some chronic diseases, such as diabetes and hypertension, Shang said.

Jackson said: "It's amazing and something new to me."

In Canada, she tried TCM. "I took herbal medicine for six weeks," she said. "I was low on energy before, but felt better after. TCM treatment elevated my energy levels."

There are increasing numbers of TCM practitioners in Canada, but patients need to pay significant sums for the service, which is not covered by health insurance in the country, Jackson said.

Marco Akermam, a professor at University of Sao Paulo, Brazil, said acupuncture is popular in his country, but other TCM treatments such as herbal medicine are not.

"Massage helps to relax my tight muscles," Akermam said after a 15-minute shoulder massage. "I'd like to trade the tea break at the conference for a TCM massage break."

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China Daily

August 20, 2014 Wednesday

**Tcm fact box**

**LENGTH:** 201 words

**Traditional** **Chinese** **medicine** has been used for more than 2,000 years to prevent, diagnose and cure illness. It includes various forms of herbal medicine, **acupuncture**, massage, exercise and dietary therapy.

Massage

Also called tui na, it often involves pressing with thumbs, rubbing, percussion and stretching. Massage can help relieve pain and stress in muscle and important joints of the body. It is the most popular TCM treatment in China.

Herbal cuisine

Traditional Chinese medicine treats eating as an important part of keeping healthy. Eating the right food at the right season can help prevent disease. Herbal cuisine is the combination of herbal medicine and food ingredients.

Acupuncture

Insertion of needles into superficial structures of the body, usually at acupuncture points, relieves pain and treats or prevents various diseases. Acupuncture is often accompanied by moxibustion, which involves burning the herb mugwort on or near the skin at an acupuncture point.

Tai chi

Part of the TCM system of exercise and meditation, it combines regulated breathing, slow movement and focused awareness. Many of the elderly like to practise tai chi early in the morning.

China Daily

(China Daily 08/20/2014 page22)

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China Daily

January 19, 2017 Thursday

**TCM gets healthy Silk Road boost**

**BYLINE:** Shan Juan

**LENGTH:** 443 words

China will issue a development plan for **traditional** **Chinese** **medicine** as part of the overall Belt and Road Initiative, according to a senior TCM official.

A TCM doctor treats a patient in Claremont, California, using **acupuncture** in 2016. [Photo/Xinhua]

China will issue a development plan for traditional Chinese medicine as part of the overall Belt and Road Initiative, according to a senior TCM official.

The plan would facilitate TCM cooperation and development in countries along the initiative's route, said Wang Xiaopin, director of the International Cooperation Department at the State Administration of Traditional Chinese Medicine.

It would cover services, scientific research, the drug industry, trade, education and cultural exchanges involving the field, which has its roots in ancient times.

The initiative refers to infrastructure investment and trade linking Asia, Europe and other areas, covering more than 60 countries and 4.4 billion people. It is based on historic Silk Road routes and was launched by President Xi Jinping in 2013.

Centers will be built in areas along the initiative's route as anchors for TCM cooperation and development, Wang said. Plans call for 17 such centers overseas by the end of 2017.

"That's in line with their demands as well," she noted. Between 2011 and 2014, over 30 countries along the route, including Russia, France, Malaysia, Italy, Australia and Qatar, expressed an interest in TCM collaboration with China, such as building TCM hospitals together, Wang said. The plan also would address TCM standards and promotion.

China's central government also has set up a fund for international TCM cooperation projects, with a focus on countries along the initiative's route, she said. The amount of the fund has not been disclosed.

In 2015, TCM exports were valued at nearly $3.8 billion, and a majority of the countries that recognized the legal status of TCM medicines are within the target route, officials said.

Worldwide, the TCM market as a whole, including services and medicines, is valued at more than $50 billion, industry analysts said.

Still, "challenges exist as well," Wang said, citing issues like varying development, different religions and social norms, different regulations governing TCM, a short supply of talent and trade barriers.

Wang Guoqiang, head of the State Administration of Traditional Chinese Medicine, said promoting widely accepted therapies like acupuncture before TCM drugs is an effective strategy for TCM promotion overseas, especially since not all traditional medicines have undergone laboratory testing.

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China Daily

May 17, 2017 Wednesday

**TCM training program expands to Portuguese practitioners**

**LENGTH:** 433 words

A group of Portuguese healthcare providers came to Nanchang, capital of Jiangxi province, to participate in a training program on traditional Chinese medical therapies, such as **acupuncture**, massage and heat-sensitive moxibustion, at the affiliated hospital of Jiangxi University of **Traditional** **Chinese** **Medicine** on May 16.

A group of Portuguese healthcare providers came to Nanchang, capital of Jiangxi province, to participate in a training program on traditional Chinese medical therapies, such as acupuncture, massage and heat-sensitive moxibustion, at the affiliated hospital of Jiangxi University of Traditional Chinese Medicine.

The university, known for its first-class acupuncture, supports the program. The university also has a branch in Lisbon, Portugal, which teaches local people more about TCM.

A Portuguese healthcare trainee learns acupuncture at the affiliated hospital of Jiangxi University of Traditional Chinese Medicine on May 16, 2017. [Photo/Chinanews.com]

A team of Portuguese healthcare trainees seeks advice from a Chinese TCM practitioner at the affiliated hospital of Jiangxi University of Traditional Chinese Medicine on May 16, 2017. [Photo/Chinanews.com]

A group of Portuguese healthcare trainees tries acupuncture on a patient at the affiliated hospital of Jiangxi University of Traditional Chinese Medicine on May 16, 2017. [Photo/Chinanews.com]

A Portuguese healthcare trainee is guided on traditional Chinese fire cupping therapy at the affiliated hospital of Jiangxi University of Traditional Chinese Medicine on May 16, 2017. [Photo/Chinanews.com]

Portuguese healthcare trainees learn how moxibustion works at the affiliated hospital of Jiangxi University of Traditional Chinese Medicine on May 16, 2017. This traditional Chinese medicine technique involves the burning of a small, spongy herb "mugwort" or a dried plant material "moxa" to facilitate healing. [Photo/Chinanews.com]

Portuguese healthcare trainees attend an open class to learn how acupuncture is used at the affiliated hospital of Jiangxi University of Traditional Chinese Medicine on May 16, 2017. [Photo/Chinanews.com]

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China Daily

October 6, 2015 Tuesday

**Sportsman finds magic in traditional medicine**

**BYLINE:** Xu Jingxi In Guangzhou

**LENGTH:** 907 words

French sportsman Julien Vandelli didn't foresee that he would spend five years reading the abstruse ancient Chinese medical text Huangdi Neijing in a Chinese university, where he practices **acupuncture** and medical massage.

However, the life-changing decision to become a **traditional Chinese medicine** practitioner came when the 34-year-old man saw the "magic" that TCM brought to his mother's shoulder injury.

Vandelli's mother had a badly hurt shoulder and Western medical treatments such as vitamin injections and anti-inflammatory drugs could stop the pain but not the process of degradation. When the drugs' effects went away, the pain came back and became even worse.

Luckily, his mother was introduced to an acupuncturist in Switzerland who cured the "root cause" of the pain by pricking several fine needles into the shoulder.

"As a sports practitioner, I used to get a lot of injuries. Obviously it costs a lot of money and time to go to see a doctor in the hospital. I wanted to understand myself better and learn to treat myself naturally," Vandelli said.

Vandelli's mother told him that acupuncture is good in treating sports injuries, and that triggered the sportsman's interest in coming to China to study TCM.

Vandelli is among the increasing number of foreign students who have come to study at the Guangzhou University of Chinese Medicine.

There are currently 2,382 international students studying at the university, from 37 countries and regions around the globe. The number of students has seen an average growth of 10 percent year over year.

About 1,700 international students are taking a five-year course with a bachelor's degree like Vandelli, and there are also a large number of international students taking shorter courses for several weeks at the university like Maria Alexandrino from Portugal.

Alexandrino, 45, has worked as a microbiology researcher for 17 years, mainly in Germany, and she began taking TCM classes during weekends and holidays five years ago, getting interested by the time-honored medical science after learning kung fu and reading Huaidi Neijing.

Having just finished the three-week practice at the Guangzhou-based university's affiliated hospital, Alexandrino will return to Germany and finish the remaining courses in Western medicine.

In Germany, in order to be allowed to practice Chinese medicine, Alexandrino has to study Western medicine for two years and pass a test in front of a panel of doctors assigned by the government.

"The government wants to ensure that I can recognize any kind of emergency. Western medicine is better at handling emergencies, such as organic trauma, big wounds and heart attacks because Western medicine was developed during wars," she said.

"But Chinese medicine is superior in another kinds of diseases that have increased a lot in Western countries, that is, subclinical-level diseases."

"In Western countries, the average state of health is very good. There are almost no infectious diseases because of vaccines and antibiotics. But the subclinical-level diseases have caused a lot of problems to patients and cannot be well treated by Western medicine."

For example, a patient may tell the doctor that he or she has a headache but nothing wrong is shown in the brain's CT scan. So a Western doctor can only prescribe painkillers and after two or three years, the patient will not only have a headache but also a bad stomach because of the painkiller's side effects, Alexandrino said.

"Headache, depression, neck pain and back pain are actually caused by anxiety and pressure most of the time. Chinese medicine is superior because the treatment has no side effects and it also can treat both the symptoms and the root cause if well done," she said.

Vandelli also sees bright prospects for TCM in Western countries. He said that he treated six patients a day with massage and acupuncture during his winter holiday in France, most of whom were his friends and his parents' friends.

"People are more and more interested in Chinese medicine because they see them as mostly natural, especially the older generation. In Nice, southern France, where I come from, there are a lot of rich, retired people who don't want to spend the rest of their life taking pills," he said.

Vandelli started the practice at the affiliated hospital of Guangzhou University of Chinese Medicine this year and plans to stay in the university to pursue a master's degree after finishing the five-year study.

He said that five years are not enough to have a thorough grasp of TCM, in which a practitioner needs years of experience to make quick, precise diagnoses.

"My ultimate goal is to go back to my country to open an academy for martial arts, next to which there is a clinic where I can treat people's sports injuries or other postural imbalances caused in daily life with Chinese medicine and therapies," he said.

"Before that, I want to stay in China for a longer time to learn more about Chinese language and culture, which will help me better understand Chinese medicine," he added.

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Julien Vandelli treats a sportsman from Russia suffering from neck pain at the university's affiliated hospital on Sept 22, stretching his muscles with tui na, medical massage. Provided To China Daily

(China Daily 10/06/2015 page8)

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China Daily

May 2, 2017 Tuesday

**China, the emerging medical tourism hot spot**

**LENGTH:** 1262 words

Svetlana Shipetko and her two sons did not just come to South China's tropical island of Hainan to escape the freezing Siberian weather. Shipetko had an equally important goal[#xff0d]to ease her lower back pain.

Two boys from Russia enjoy the **traditional** **Chinese** **medicine** therapy including **acupuncture** and massage in Haikou, Hainan province. ZHAO YINGQUAN / XINHUA

Hainan, Xinjiang and Beijing show TCM promotion could attract wellness consumers from around the world

HAIKOU[#xff0d]Svetlana Shipetko and her two sons did not just come to South China's tropical island of Hainan to escape the freezing Siberian weather. Shipetko had an equally important goal[#xff0d]to ease her lower back pain.

Instead of prescribing painkillers, Shipetko's Chinese doctor Tang Yi performed the traditional Chinese therapy of "tuina", which literally means "push-and-pinch."

Every morning, Shipetko received the therapy at the Sanya Hospital of Traditional Chinese Medicine, then spent the rest of the day bathing in the sun.

"It is great," she told Xinhua through an interpreter. "No pills, no injections, but I feel much better."

Shipetko is one of tens of thousands of Russians who flock to Hainan every year. The island province has received 800,000 Russian tourists in the past seven years.

Almost 80 percent of them tried some form of traditional Chinese therapy during their stay[#xff0d]either to treat a particular ailment or simply for wellness, health authorities said.

Rooted in ancient Chinese philosophy, traditional Chinese medicine, also called TCM, has in recent years gained popularity in a world dominated by modern Western medicine.

Clinics have proliferated outside of China, but many face challenges such as getting herbs across the border or luring experienced professionals to work overseas.

As a result, more foreigners are coming to China for TCM treatment or therapy.

The boom is particularly felt in Sanya, where Russian-language advertisements for acupuncture pop up across the city.

Global flow

International medical tourism became popular in the mid-20th century with wealthy European and North American patients traveling abroad for cosmetic surgery sprees.

In the markets that first responded to the demand, such as Brazil, South Africa, and Costa Rica, a variety of modestly priced procedures were offered.

The sector flourished with the rise of quality health care, commercial aviation, and the internet. It is now a multibillion-dollar industry.

US-based industry resource company Patients Beyond Borders estimates that between 9.8 million and 14.8 million patients visited overseas hospitals and clinics in 2016.

People are tempted by lower costs, quality care, improved patient experience, specialty treatments, and the lure of "the new and different," according to the company.

It said that in 2013 alone, more than 900,000 US nationals headed overseas for "nearly every imaginable type" of medical treatment: weight loss surgery in Mexico, heart valve replacements in Thailand, hip resurfacing and traditional treatments such as Ayurveda in India, and fertility treatments in Israel.

In Asia, Thailand, Malaysia, Singapore, and the Republic of Korea are the rising stars, drawing a great majority of patients within the region.

"We see a rising market in China," said Patients Beyond Borders CEO Josef Woodman in an email.

He said China can successfully compete with mature markets in the region, as it is strong in TCM treatment and its health care infrastructure is improving fast.

A group of Russian tourists visit the Nanshan Buddhism cultural resort in Sanya, Hainan province, in November 2012. CHEN WENWU / FOR CHINA DAILY

Cups, needles, more

Acupuncture, cupping, tuina massage, and herbal medicine are some of the best-known TCM treatments overseas, but TCM master Professor Hu Kaiwen believes the ancient healing system has even more to offer.

Hu, president of Dongfang Hospital in downtown Beijing, is a veteran oncologist who specializes in integrating TCM with conventional Western medicine to treat advanced tumor patients.

While Western medicine sees cancer as abnormal cells to be annihilated, TCM considers the ailment a sign of imbalance of body and mind and prioritizes restoring balance rather than annihilation.

Hu said one Chinese philosophical saying applies: "Going beyond the limit is as bad as falling short."

His therapy combines minimally invasive surgery with post-surgery TCM care. It offers an alternative to patients who do not respond well to chemotherapy or radiation.

Hu said the herbs can work just as well to lengthen the lifespan and improve quality of life, but cost only a fraction of costly targeted Western drugs.

Wang Tiansong, president of the Sanya Hospital of Traditional Chinese Medicine, said foreign patients with cerebral palsy and strokes have also responded well to TCM treatment.

Last year, the Beijing University of Traditional Chinese Medicine set up a Chinese medicine center in St. Petersburg as an outpost.

"TCM is centered around being green and natural, making it compatible with Russians' passion for nature," said the center's Chinese director Wang Chaoyang.

Infra, promotion

Hainan is not the only tourism hot spot where foreign medical travelers swarm.

In China's northwestern Xinjiang Uygur autonomous region, the Russians are joined by Kazakhs and other Central Asians from across the border.

At the Sixth Affiliated Hospital of Xinjiang Medical University in Urumqi, signs are written in three languages[#xff0d]Chinese, Uygur and Russian. About 80 foreigners sought treatment in the first three months after the hospital opened its international department.

Wu Yue, a top hospital official, said the demand from across the border is so strong that the hospital plans to start building an Asian Orthopedic Center.

These developments have been incorporated into the Belt and Road Initiative the Chinese leadership proposed in 2013. Xinjiang has positioned itself as a regional hub that offers services to the region, including health care.

Meanwhile, Hainan, once a key stop on the ancient Maritime Silk Road, is already being marketed as an international tourist island.

Investors have now set their eyes on medical infrastructure.

A public-private partnership cancer hospital, which cost 2.9 billion yuan ($426 million), opened last year in Hainan's capital city of Haikou. Equipped with state-of-the-art facilities and 1,200 beds, the hospital mainly targets wealthy treatment seekers from outside the province.

China's State Administration of Traditional Chinese Medicine and the National Development and Reform Commission late last year set a target to build 10 TCM health tourism model zones offering medical treatment, wellness, recuperation, and elder care by 2020.

Woodman said China is on the path to establishing quality health care infrastructure. In 2007, there were only three Chinese medical centers accredited by the Joint Commission International, while today there are more than 77.

The next step, he said, will be to work toward promoting China as a medical tourism destination by working with the travel and economic development sectors.

Some have sensed the business opportunity.

Russian national Yana recently quit her tour guide job to join the Sanya Hospital of Traditional Chinese Medicine as a marketing officer.

Yana, who has been a tour guide in Sanya for 12 years, said her new job is promising.

"A lot of my Russian clients know about TCM and are interested in coming over," she said.

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**TCM is just what the doctor ordered**

**BYLINE:** ZHAO SHENGNAN in Bandar Seri Begawan, Brunei

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On a tropical day in June, Haji Julaihi bin Haji Tahir, 49, drove to a provisional field hospital about 5 kilometers away in Bangar, capital of Temburong district, to have **acupuncture** on his nose.

He was heading to a facility where visiting Chinese military doctors were providing **traditional** **Chinese** **medicine** - for free.

The day before, in the same place, Julaihi had received his first-ever traditional Chinese medical treatment for his back. It was a success.

"I've seen traditional Chinese medicine on TV, so for two days in a row, I went to queue at the clinic before it opened at 8am," he said.

Julaihi is one of an increasing number of Bruneians, or rather local Malays, who have become interested in TCM, whose popularity was once confined to ethnic Chinese in the Southeast Asian country.

Since it opened four years ago, Beijing Tong Ren Tang, the first and only large-scale Chinese herbal pharmacy in Brunei, has been looking for ways to increase people's recognition of TCM and Chinese culture.

Wen Zhongqing, branch manager, said: "We are here not just to serve Chinese Bruneians - although they are still our top customers in a small market. We are here to encourage more local people to accept traditional Chinese medicine."

Goal realized

Brunei has a population of 412,200, the majority of whom are Malays. About 15 percent are Chinese.

Before the establishment of the pharmacy, unlicensed doctors from Singapore and Taiwan were the only ones who practiced TCM in Brunei, and the broad range of treatments was obtained almost only by Chinese.

Wen said the goal of attracting some Malays has been realized.

The branch, located in a neat business street in the capital, looks like other Tongrentang pharmacies in China: Dozens of wooden drawers contain herbal medicines, along with well-known medicines such as White Phoenix Bolus of Black-Bone Chicken. There is a lingering scent of herbs.

But a closer inspection reveals the Malay language alongside the Chinese characters for "Tongrentang" on the sign. There are several consulting rooms, and a Chinese doctor is usually present in one, a rare circumstance in a pharmacy. Medicines that cannot be found in China are available, too.

"We made some herbal tea for flu and weight gain resulting from high living standards and the traditional diet in this affluent country," said Wen.

There are five members of staff, including two doctors from China, working in the branch. In addition to attending a daily clinic, they offer free medical consultations. The presence of the Chinese doctors makes the pharmacy feel more like a hospital, he said.

Deepen understanding

Acupuncture and massage are the most popular treatments among Malays in Brunei and visiting Malaysians, according to Ran Huaming, a doctor from Beijing who worked in the branch for more than a year.

The most sought-after treatments by local Muslim people are for knees, because they pray several times a day, Ran said.

"In addition, they are reluctant to drink the usually bitter herbal teas and they tend to believe that treatments which do not involve taking medicine are the best," he said.

Ran, who often used his "just-so-so" English to communicate with local patients to try deepen their understanding of the philosophy of TCM, said the belief that treatment without medication is good can be a misunderstanding.

"Sometimes they asked me how long it would take for the traditional Chinese medicine to take effect the moment they stepped into my consulting room. I would tell them that the medicine, which is unlike Western pills, would take longer to work," he said. "The fortunate thing is that most of them understood that the process would be slower."

Not expensive

Compared with the problems Ran encountered, Wen, the manager, said Beijing Tongrentang in Brunei faced some more urgent challenges.

"There are people complaining about the high price of our products, but the fact is, except for the freight fee, the prices are not much higher than in China. But in a rich country, which offers free medical services to its citizens, the cost seems expensive," said Wen.

In addition, the short-term work permits for foreigners do not allow doctors from China to develop a stable customer base, said Wen.

"Brunei also doesn't issue work permits for people aged over 55, but most of the experienced Chinese doctors who would like to go abroad for a job are retired," he added.

Wen said the company needed to carefully consider whether to open more branches in Brunei in the near future, despite their wish to do so.

"We are waiting patiently to see. After all, it takes time to get to know a new region," he said. "But we won't stop. Opening one Tongrentang branch overseas is not only about business, but also a matter of developing Chinese culture in the world."

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